

## Can eating fruit be bad for you?

We usually think of fruit as a healthy food. But could it also have some negative effects?

### Tasks

Do the preparation task first. Then watch the video and do the exercises.

### Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

#### Vocabulary

1. ..... a fizzy drink / a soft drink
2. ..... a teaspoon
3. ..... junk food
4. ..... to gain weight
5. ..... ripe
6. ..... whole
7. ..... to overload
8. ..... veg

#### Definition

- a. entire; in one piece
- b. an uncount noun which is the colloquial form of 'vegetables'
- c. to get heavier
- d. to give too much work to someone or something
- e. a drink which contains bubbles and is usually sweet
- f. pre-prepared food which is bad for you because it has a lot of sugar, salt or fat
- g. finished growing and ready to eat
- h. a small spoon typically used for putting sugar in a cup of coffee or tea

**Task 1**

Are the sentences true or false?

	<b>Answers</b>	
1. An apple contains about half as much sugar as a can of fizzy drink.	True	False
2. Fructose is better than glucose for providing our body with energy.	True	False
3. The sugar in fruit is a little different from the sugar in fizzy drinks.	True	False
4. Some types of sugar don't cause people to gain weight.	True	False
5. A banana generally contains more sugar than a kiwi fruit.	True	False
6. The amount of sugar in a piece of fruit decreases as it gets older.	True	False
7. It is better for you if you cut fruit into little pieces before eating it.	True	False
8. If we don't eat fruit, it is impossible to get certain vitamins.	True	False

**Task 2**

Write a word to complete the sentences.

1. A regular-sized soft drink contains about seven to eight ..... of sugar.
2. These are chemically identical to the sugars you get in ..... food.
3. Sugar is sugar. And you're going to gain ..... if you eat too much of it.
4. The ..... the fruit, the more sugar it contains.
5. You should eat most of your fruit .....
6. There is no vitamin or mineral in fruit that you can't get from .....

**Discussion**

Were you surprised by any of the information in the video?

## Answers

### Preparation task

1. e
2. h
3. f
4. c
5. g
6. a
7. d
8. b

### Task 1

1. True
2. False
3. False
4. False
5. True
6. False
7. False
8. False

### Task 2

1. teaspoons
2. junk
3. weight
4. riper
5. whole
6. veg/vegetables