



Stay Strong *Fizzing Out* page 24

STAY STRONG

Fizzing out

Consider some of these unsettling thoughts before you twist the top off your next soft drink.

SOFT DRINKS – THEY'RE EVERYWHERE, FROM THE BIGGEST CITIES TO THE SMALLEST NOOKS AND CRANNIES OF THE GLOBE. NOT ONLY ARE THEY EVERYWHERE, BUT ALSO EVERY YEAR THERE SEEMS TO BE AN EVER-INCREASING ARRAY OF BRANDS AND VARIATIONS.

We certainly aren't without choice when it comes to choosing what we want to drink these days. However, for the vast majority of human history, there's one beverage that has sustained us: water.

Today, however, we guzzle carbonated soda like it's the elixir of life itself and, usually, without giving a second thought to what it is, what it's made of and exactly what it's doing to our bodies.

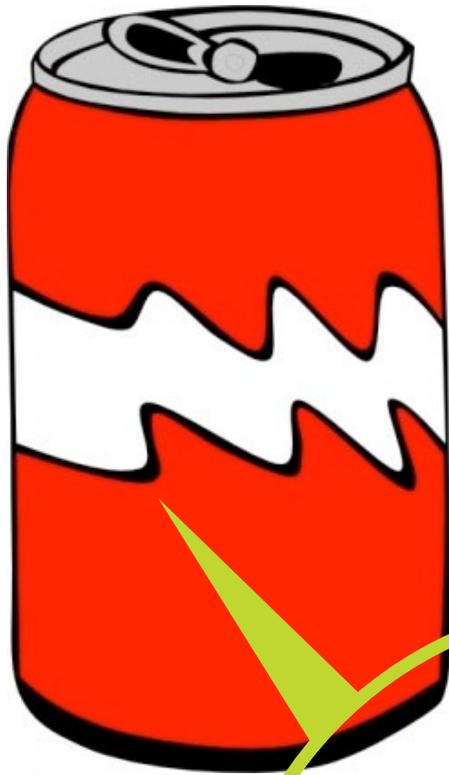
With Australia, the United States and the UK all facing obesity epidemics, the role sugar-filled carbonated drinks are playing in making our children sick is coming sharply into focus.

For Aboriginal and Torres Strait Islander people, consuming the various chemicals and sugars found in soft drinks can have even more pronounced health effects, given that we are more susceptible to conditions like type two diabetes, which is closely linked to your diet and waist measurement.



Did you know that the average can of soft drink has 10 teaspoons of sugar? That's your whole daily amount in one go!

Soft drinks also contain caffeine, food additives, artificial colourings and preservatives, but very few vitamins or nutrients. There can be a lot of health problems associated with drinking so much sugar – such as Type 2 diabetes.





READ *Fizzing Out* on page 24

ACTIVITY 1 BUILDING READING SKILLS

- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

Literal The answer is located in one sentence in the text.

Inferred You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

Applied The answer is in your background knowledge, what you already know or feel.

Shade one bubble.

1. Which drink has always kept humans alive? (inferred)

- soft drink
- caffeine
- water
- sugar

2. Which two factors are closely linked to Type 2 diabetes? (inferred)

- diet and waist measurement
- amount of soft drink you consume and waist measurement
- obesity and consuming too much caffeine
- sugar and food additives



3. However, if too much sugar makes its way into your body, then the levels of insulin will also be higher than they should, which has an adverse effect on your body's immune system - that's your body's natural defence against sickness and disease.

What does the dash (-) show about the two ideas in this sentence? (inferential)

- The first idea is the opposite of the second idea
- The first idea is more important than the second idea
- The second happened just after the first idea
- The second idea helps to expand on the first idea

4. The text provides "some alarming stats" about the amount of sugar in soft drinks

This is included so the reader will think this information is

- amusing
- unimportant
- surprising
- disappointing

5. The way this text is written leads the reader to

- want to drink more soft drink
- think about health problems that come from drinking too much soft drink
- make fun of soft drink ads
- understand that there are 10 teaspoons of sugar in every can of soft drink



ACTIVITY 2 LANGUAGE CONVENTIONS - SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. Soft drinks are in all the big citys.

2. We have a lot of choise when it comes to soft drinks.

3. We don't usually give it a lot of thort.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. We don't always think about what it does to our bodys.

2. Type 2 diabetes is linked to waste measurement.

3. Drinking to much soft drink can impact on our wait.



ACTIVITY 3 LANGUAGE CONVENTIONS - GRAMMAR

Which word correctly completes these sentences? Shade one bubble.

1. Which word in this sentence is the name of a place?

With Australia facing an obesity epidemic, we are starting to look at the role that sugar plays.

- With
- Australia
- look
- sugar

2. Which sentence has the apostrophe (') in the correct place?

- You're drinking a lot of extra sugar.
- We do'nt think about how much sugar is in soft drinks.
- There are 10 teaspoon's of sugar in each can of soft drink.
- There's a lot of extra sugar in soft drinks.

3. Brackets () are needed in this sentence. Which part of the sentence needs brackets?

The average can of cola contains 10 teaspoons of sugar your entire daily requirement.

- The average
- 10 teaspoons
- of sugar
- your entire daily requirement



4. Which words correctly complete this sentence?

Jamie likes to drink soft drink, contain a lot of sugar, she has to see the dentist a lot.

- which so
- what why
- which because
- what whether

5. Each of these sentences has the final punctuation missing. In which sentence is a question mark (?) needed?

- I'm trying to cut down on the amount of sugar I eat
- Will you try to cut down on the amount of sugar you eat
- Mum asked if I would cut down on the amount of sugar I eat
- Mum will tell us to cut down on sugar



ACTIVITY 4 LANGUAGE CONVENTIONS – PUNCTUATION

Shade one bubble.

1. Some commas (,) have been left out of this sentence. Which sentence has the commas in the correct place?

- Soft drinks are filled with caffeine, carbonated water, food additives and sugar.
- Soft drinks are filled, with caffeine, carbonated water, food additives, and sugar.
- Soft drinks, are filled with caffeine carbonated water food additives and sugar.
- Soft drinks are filled with caffeine carbonated water, food, additives, and sugar.

2. An apostrophe (') has been left out of this sentence. Where does the missing apostrophe go?

The boys drank two cans of soft drink with Tuesdays lunch.



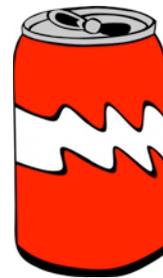


ACTIVITY 5 WRITING AN EXPOSITION

An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument type	Social purpose	Stages	Phases
Exposition	Argues one point of view about an issue	Thesis Arguments Restatement	Preview Evidence Statistics Quotes Examples Elaborations Review Conclusions

What are some ways to cut down on the amount of sugar we consume daily?



Write an EXPOSITION to argue your suggestions.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing
- choose your arguments carefully
- give reasons for your arguments
- give examples to support your arguments
- write in sentences
- pay attention to your spelling and punctuation
- use a new paragraph for each new idea
- choose your words carefully to convince a reader of your opinions
- check and edit your writing so that it is clear for a reader.