



Teacher's guide

The Easiest Way To Quit Sugar - Upper Intermediate (B2-C1)

Canva Presentation Link: [🌐 The Easiest Way To Quit Sugar](#)

Video Link: [🌐 The EASIEST way to QUIT Sugar](#)

Warm up

Part 1. Students discuss questions related to sugar. Answers will vary.

Part 2. Students read the statements and decide if they agree, disagree, or partially agree. Encourage them to explain their reasoning.

Part 3. Students match the collocations to their correct endings. Once matched, encourage students to guess the meaning of any of the collocations and the idioms. Ask the students how these might relate to quitting sugar.

Answer Key:

Collocations

1. B Addiction/cravings/intake
2. C. Added Sugar
3. A. Resistance
4. D Symptoms

Sugar addiction: A condition where a person has a compulsive desire to consume sugary foods, often leading to overconsumption.

Sugar cravings: Strong, sudden urges to eat sugary foods, typically due to physiological or psychological factors.

Sugar intake: The total amount of sugar consumed, including both natural and added sugars.

Added sugar: Sugar that is added to foods during processing or preparation, not naturally occurring in the food itself.

Insulin resistance: A condition where the body's cells don't respond properly to insulin, often leading to higher blood sugar levels.

Withdrawal symptoms: Physical or psychological effects that occur when a person stops using a substance, like sugar, after prolonged use.

To quit something cold turkey: To suddenly stop doing something without gradual reduction or preparation.

To satisfy your sweet tooth: To fulfil a craving for sweet-tasting foods or treats.

Video activity

Part 1. Before watching "The Easiest Way to Quit Sugar", students discuss the questions.

Part 2. Students watch the video.

Part 3. Students answer the questions based on the video.

Answer Key:

1. No more than 25 grams per day.
2. Sugar is addictive, and 75% of grocery store foods contain hidden sugars.
3. Condiments, cereals, and ingredients like high fructose corn syrup, dextrose, maltose and about 250 others.
4. It often backfires because withdrawal symptoms can lead to bingeing.
5. Liquid sugar, such as soda, juice, and coffee with syrup.
6. It helps regulate hormones in the hypothalamus, reducing cravings naturally.

Part 4. Students decide if each statement is true or false based on the video. If false, encourage the student to correct it.

Answers:

1. **False** *"Despite knowing this, most people can't overcome their sugar addiction."*
2. **True** *"Food companies do a fantastic job of coming up with clever names for sugar, like 'pineapple extract.'"*
3. **False** *"For example, this means eating an apple and not a processed apple product like apple sauce or apple juice. The more that the apple is processed, the more fibre that is taken out of it, which means sugar is absorbed faster, causing a bigger insulin spike."*
4. **True** *"Doing all the other stuff that is healthy for you ends up helping to reduce cravings—this means getting good sleep, exercising, stress reduction, drinking plenty of water, and eating regular healthy meals that include vegetables and so forth."*
5. **False** *"Sugar cravings start in the hypothalamus part of your brain."*

Video follow-up

Part 1. Students choose whether the actions should be encouraged or avoided and explain their reasoning.

Part 2. Students reflect on their own sugar consumption and answer the questions.

Part 3. Students look at the high-sugar foods and drinks. For each item, ask the student to come up with a healthier alternative that reduces sugar but still satisfies cravings and discuss each choice.

If students need some guidance or inspiration, here are some suggested answers:

Soda

Sparkling water with a splash of lemon or lime juice.

Chocolate Bars

Dark chocolate (70% or higher cocoa content).

Sugary Cereal

Whole grain or oatmeal with fresh fruit and a sprinkle of nuts or seeds.

Sweetened Yoghurt

Plain Greek yoghurt with fresh berries or a drizzle of honey.

Fruit Juice

Water with a slice of citrus or infuse water with fresh fruit (like berries, cucumber, or mint).

Flavoured Coffee

Black coffee or iced coffee with a dash of cinnamon. If you like it sweeter, add a small amount of stevia or a splash of unsweetened almond milk.

Review activity

Part 1. Students use each of the collocations and idioms in a sentence to talk about sugar addiction.

Part 2. Students discuss questions. Answers will vary.