

The Easiest Way To Quit Sugar

Upper Intermediate (B2-C1)



WARM UP

Part 1. Discuss the following questions.

1. How much sugar do you think is in your daily diet? Do you check food labels for sugar content?
2. Have you ever tried cutting back on sugar? What was your experience like?
3. Why do you think sugar is so hard to quit?

Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. Sugar addiction is just a lack of willpower.
2. Cutting out sugar completely is the best way to quit.
3. Food companies intentionally make it hard to avoid sugar.
4. Sugar is only bad for you if you eat too much of it.
5. Liquid sugar is worse than solid sugar.
6. Artificial sweeteners are a good alternative to sugar.



Part 3. Throughout the video, the speaker will use a variety of collocations and natural expressions. Match the first half of each collocation with its correct ending.

1. Sugar

2. Added

3. Insulin

4. Withdrawal

- A. Resistance
- B. Addiction/cravings/intake
- C. Sugar
- D. Symptoms

Discuss what you think the idioms mean and the relevance they will have to the video we are going to watch.

- 1. To quit something cold turkey
- 2. To satisfy your sweet tooth

VIDEO ACTIVITY

Part 1. Before watching “The Easiest Way to Quit Sugar”, discuss the following questions.

- 1. What are some negative effects of sugar on the body?
- 2. What strategies do you think could help someone reduce their sugar intake?
- 3. Do you think quitting sugar cold turkey is a good idea? Why or why not?

Part 2. Watch the video clip “The Easiest Way to Quit Sugar”.

Part 3. Answer the questions below based on the video.

- 1. What is the recommended daily limit for added sugar?
- 2. Why is it difficult to quit sugar?
- 3. What are some hidden sources of sugar in grocery store foods?
- 4. Why is quitting sugar cold turkey not recommended?
- 5. What is the first type of sugar people should eliminate from their diet?
- 6. How does a healthy lifestyle reduce sugar cravings over time?

Part 4. Decide if each statement is true (T) or false (F) based on the video. If false, can you correct it?

- 1. Most people can easily quit sugar if they know it's unhealthy. (T/F)
- 2. Food companies often use different names for sugar to disguise it in ingredient lists. (T/F)
- 3. Eating processed fruit like apple sauce is just as healthy as eating a whole apple. (T/F)
- 4. Sleep, exercise, and stress management can help reduce sugar cravings. (T/F)
- 5. Sugar cravings originate in the stomach. (T/F)

VIDEO FOLLOW-UP

Part 1. Choose whether the following actions should be encouraged (Do) or avoided (Don't). Explain your reasoning.

1. Quit sugar completely overnight.
2. Gradually reduce sugar intake to avoid withdrawal symptoms.
3. Drink juice instead of soda to reduce sugar intake.
4. Replace processed sweets with whole fruit.
5. Ignore food labels when buying groceries.
6. Find ways to distract yourself when cravings strike.

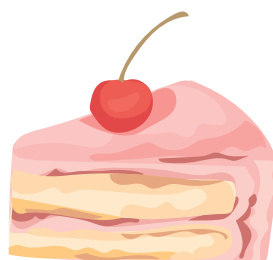
Part 2. Sugar Habit Reflection & Goal-Setting

Step 1: Reflect on your own sugar consumption and answer these questions:

1. What sugary foods or drinks do you consume most often?
2. When do you tend to crave sugar the most?
3. Have you ever tried cutting back? If so, what helped or didn't help?

Step 2: Write/discuss a short personal action plan with 2-3 small, realistic steps you could take to reduce sugar in your diet.

Step 3: Discuss your action plan with your teacher. What challenges might you face? How can you stay motivated?



Part 3. Sugar Swap Challenge

Look at the following high-sugar foods and drinks. For each item, come up with a healthier alternative that reduces sugar but still satisfies cravings:

- Soda
- Chocolate bars
- Sugary cereal
- Sweetened yoghurt
- Fruit juice
- Flavoured coffee

Discuss your choices with your teacher. Would these swaps work for you? Why or why not?

REVIEW ACTIVITY & FINAL THOUGHTS...

Part 1. Use each of the collocations and idioms in a sentence to talk about sugar addiction. Try to make your sentences as creative as possible!

Sugar
Addiction/cravings/
intake

Added Sugar

Insulin Resistance

Withdrawal
Symptoms

To quit something
cold turkey

To satisfy your
sweet tooth

Part 2. Discuss the questions below to reflect on what you've learnt during the lesson.

1. After learning about the negative effects of excessive sugar consumption, do you think you'll make any changes to your diet? Why or why not?
2. The speaker suggests gradually reducing sugar instead of quitting cold turkey. Do you think this approach would work for you? Why or why not?
3. The video mentions that liquid sugar is one of the worst forms of sugar. How has this changed the way you think about sugary drinks?
4. How does this lesson connect to your personal views on health and nutrition?
5. What's your biggest takeaway from this lesson?