

Super English

Level 5 - Unit 17
Health - Lesson 2





Vocabulary

Health - Vocabulary



resist: to stop yourself from doing something that you want to do; to fight against something (v)



The woman is trying to **resist** eating unhealthy foods.
The girl **resisted** eating her vegetables.

Health - Vocabulary



crave: to have a very strong feeling of wanting something (v)



Melissa is **craving** chocolate, but she doesn't want to eat it because she is trying to eat healthily.

Health - Vocabulary



addicted: (to something) unable to stop using or doing something as a habit, especially something harmful (adj)



The boys are **addicted** to playing games on their computers.

Health - Vocabulary



appetite: the feeling that you want to eat food (adj)



She isn't feeling well and lost her **appetite** today.
He has a very big **appetite** today and is eating a lot.



Let's
Read!

Is Sugar Bad For You?



Sugar is a sweet-tasting carbohydrate found in many natural foods such as fruit, honey, milk, and vegetables. Sometimes when we see irresistible sweets like chocolate, cakes, and candy, it is hard to **resist** them. When we see these delicious foods, our mouth gets watery, and our tummy starts **craving** them. But have you ever wondered why it is sometimes hard to resist these sugary foods?



Is Sugar Bad For YOU?

A circular inset showing a nutrition facts label for a food item, likely a snack, with a background of various fruits and vegetables.

Nutrition Facts	
Serving Size 80g	
Amount Per Serving	
Calories 377	Calories from Fat 190
% Daily Value *	
Total Fat 6.2g	10%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	<1%
Total Carbohydrate 36g	8%
Fibre 0g	0%
Sugar 25g	
Protein 0g	

Sugar is a sweet substance that comes from plants like sugarcane and sugar beets. It is one giant molecule of carbohydrate with a scientific name called sucrose, made up of two smaller carbohydrates called fructose and glucose. Simple sugar like sucrose can be easy to identify. However, sometimes sugar can be called other fancy names such as lactose, maltose, dextrose, starch, and of course, what we mentioned earlier, fructose and glucose. And since sugar is everywhere, it is vital to know how it affects your brain and body, why it's hard to resist, and what happens when it reaches your taste buds.

Healthy Habits



As soon as you take a bite of something sweet, it activates the sweet receptors of the taste buds on your tongue. Then signals are sent to different parts of your brain, including the cerebral cortex. Once the cerebral cortex processes the sweet taste, it activates the brain's reward system and releases the feel-good chemical called dopamine. This reward system also happens when you play your favorite video game, watch a good movie, hang out with your friends, or do anything that makes you feel good. Because of this, you crave sugar and can even get addicted to it.



Healthy Habits

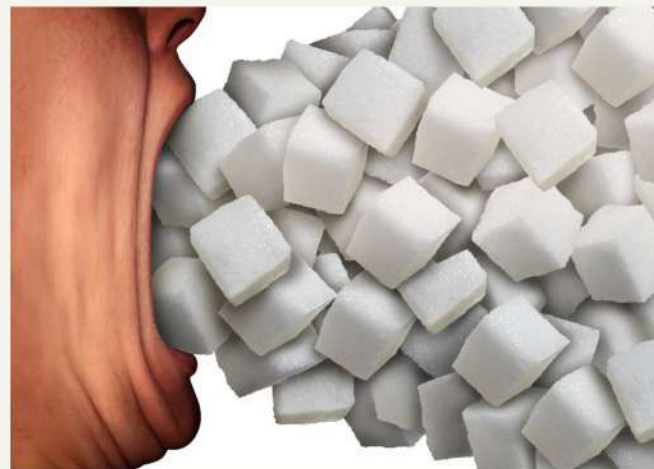


Although eating a little sugar is not bad for you, as your body needs it to survive, eating too much sugar can cause health problems. For instance, there is a chemical called leptin, a hormone that is made by fat cells. When leptin levels rise, your **appetite** lowers. This means leptin is important in controlling how much you eat and tells you when to stop eating. But eating too much fructose (sugar) can cause leptin resistance, which means your brain doesn't know when you are full and should stop eating, so you eat too much.

Healthy Habits



When you eat more sugar than your body can use in a day, it stores the sugar it doesn't need in your liver or changes it to fat. When you do this regularly, you damage your liver and build up fat. Eating too much sugar increases the risk of many health problems, such as diabetes, stroke, heart attack, arthritis, stress, depression, tooth decay, allergies, and cancer, and can even make your skin look old. So it is important to limit how much sugar you eat to stay fit and healthy.





Let's do
Grammar!



(not) as + adjective + as

We use **not as + adjective/adverb + as** to make comparisons when the things we are comparing are not equal.

1. English is **not as hard as** Chinese to learn.
2. Green grapes are **not as good as** red grapes.
3. That light is **not shining as bright as** I need it to be.



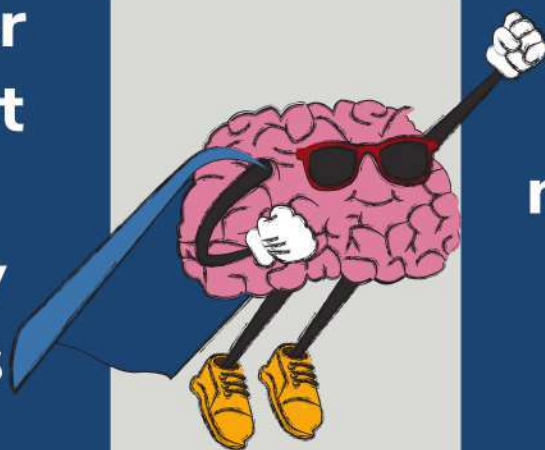


Phonics

Phonics

Prefixes: **micro** = small
macro = large

micromanager
microbiologist
microbiotics
microsurgery
microphysics
microfabric
microbrewery



macrocellular
macroculture
macrodynamics
macromixing
macrophyte
macroreality
macroweather

Super English

See you
Next time!

