'Shocking' sugar levels in High Street hot drinks, warns charity

Adapted from http://www.bbc.co.uk/news/health-35593007

Name _____ Date _____

There are "shocking" amounts of sugar in some hot drinks sold in High Street cafes, a campaign group has warned.

Action on Sugar analysed 131 hot drinks and found a third contained at least as much sugar as a can of Pepsi or Coca-Cola, which contains nine teaspoons.

The charity said that in some of the worst cases the drinks contained 20 or more teaspoons of sugar.

The drinks assessed included flavoured coffees such as mochas and lattes, hot fruit drinks and hot chocolates from coffee shops and fast food chains.

The recommended maximum intake of added sugar per day for those aged 11 and over is about 30g or seven teaspoons, the NHS says.

Worst offenders for each type of flavoured hot drink

Cafe	Drink	Category	Sugar per serving (g)	Teaspoons of sugar per serving**
Starbucks	Hot mulled fruit - Grape with chai, orange, and cinnamon - Venti	Hot mulled fruit	99.0	25
Costa	Chai latte - Massimo - Eat In	Chai latte	79.7*	20
Starbucks	White chocolate mocha with whipped cream - Venti	White mocha	73.8*	18
Starbucks	Signature hot chocolate - Venti	Hot chocolate	60.0*	15
KFC	Mocha	Mocha	58.8*	15
Caffe Nero	Caramelatte - Drink in	Caramel latte	50.6*	13

* Contains some sugars (lactose) naturally occurring in the milk ** 4 grams of sugar is equal to 1 teaspoon of sugar

Starbucks' Venti Grape with Chai, Orange and Cinnamon Hot Mulled Fruit was found to have the highest sugar content of the drinks tested, with 25 teaspoons of sugar per serving, the campaign group said.

Costa's Massimo Eat-in Chai Latte was found to contain 20 teaspoons of sugar and Starbucks' Venti White Chocolate Mocha with Whipped Cream was found to have 18.

KFC's Mocha and Starbucks' Signature Hot Chocolate both had 15 teaspoons of sugar per serving, while Caffe Nero's Drink-in Caramelatte had 13.

The group's researcher Kawther Hashem called on coffee shop chains to reduce the amount of sugar in their drinks, improve their labelling and scrap extra-large serving sizes.

"These hot flavoured drinks should be an occasional treat, not an everyday drink," she said. "They are laden with an unbelievable amount of sugar and calories and are often accompanied by a high sugar and fat snack."

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Name _____ Date _____

Level 1- 2 questions

1. What is the name of the campaign group?

2. What is meant by the term “High Street cafes”?

3. Approximately what percentage of the drinks analysed contained as much or more sugar as a can of Pepsi?

4. How many outlets feature in the Worst Offenders chart and which of these features the most drinks?

5. Explain in your own words what the chart tells you.

6. Why do you think there are two sugar measurements?

7. Which is the only drink not to have lactose included in its sugar analysis?

8. By approximately how much does a Costa Chai Latte Massimo Eat-in exceed the recommended maximum daily sugar intake?

9. What actions does the charity’s spokesperson wish coffee shop chains to take? (3 marks)

10. Why does she consider these drinks are particularly damaging? (2 marks)

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Action on Sugar looked at 131 hot drinks and found a third had at least as much sugar as a can of Pepsi or Coca-Cola, which contains nine teaspoons.

The charity said that in some of the worst cases the drinks contained 20 or more teaspoons of sugar.

The drinks included flavoured coffees such as mochas and lattes, hot fruit drinks and hot chocolates from coffee shops and fast food chains.

Starbucks' Venti Grape with Chai, Orange and Cinnamon Hot Mulled Fruit had the highest amount of sugar of the drinks tested, with 25 teaspoons of sugar per serving, the charity said.

Costa's Massimo Eat-in Chai Latte had 20 teaspoons of sugar and starbucks' Venti White Chocolate Mocha with Whipped Cream had 18.

The charity's spokesperson Kawther Hashem called on coffee shop chains to reduce the amount of sugar in their drinks, improve their labelling and scrap extra-large serving sizes.

"These hot flavoured drinks should be an occasional treat, not an everyday drink," she said.

'Shocking' sugar levels in High Street hot drinks, warns charity

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Name _____ Date _____

Entry Level 3 questions.

1. What is the name of the charity quoted in the article?

2. How many different drinks did they look at?

3. List three different sorts of drink they analysed.
   - .....
   - .....
   - .....

4. Which drink has the most amount of sugar in it?

5. What is the name of the person who works for Action on Sugar?

6. When does she think you should have one of these high sugar drinks?

   Never Sometimes Every day

7. There is a capital letter missing. Can you find it?

8. List three things that the charity thinks coffee shop chains should do to make their drinks less harmful.
   - .....
   - .....
   - .....

9. A can of Pepsi has 9 teaspoons of sugar. How many more does a Costa's Massimo Eat-in Chai Latte have?

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Name _____ Date _____

WRITING ACTIVITY - E3

You want to buy some new trainers and want your friend to come with you to help you.
Write a note, asking your friend to meet you at a coffee shop first.
You need to tell your friend why you want to meet, when and where.

Dear

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Now check your work for:

- capital letters and full stops
- proper sentences
- spelling and grammar

WRITING ACTIVITY - L1/L2

You have just visited the Costless Cafe in your local town. When you arrived, the three empty tables all had dirty cups on them from previous customers. It took a long time to be served and, when your coffee arrived, it was not hot enough.

When you asked for a replacement, the waiter told you that you would have to wait as he was busy dealing with other customers.

After 10 minutes, you gave up waiting, paid the bill and left.

Write an email of complaint.

Use this page to plan your work.

Remember to check your work for:

- capital letters and full stops
- proper sentences
- commas and apostrophes
- spelling and grammar
- paragraphs and logical order

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Name _____ Date _____

To...

Cc...

Subject:

Shocking sugar levels Curriculum mapping and answers

Functional Skills English mapping

Coverage and range statements provide an indication of the type of content candidates are expected to apply in functional contexts. Relevant content can also be drawn from equivalent (school) National Curriculum levels and the Adult Literacy standards.

✓ *indicates the main coverage and range skills that are (or can be) covered in this resource. However, these will vary with the student group and how the resource is used by the teacher.* **Reference:** Ofqual (2009), *Functional Skills criteria for English: Entry 1, Entry 2, Entry 3, level 1 and level 2.* http://www.ofqual.gov.uk/

Entry 3 Reading skill standard: Read and understand the purpose and content of straightforward texts that explain, inform and recount information

Coverage and range statements

a) Understand the main points of texts ✓
b) Obtain specific information through detailed reading ✓
c) Use organisational features to locate information ✓
d) Read and understand texts in different formats using strategies and techniques appropriate to task

Entry 3 Writing Write texts with some adaptation to the intended audience

a) Plan, draft and organise writing
b) Sequence writing logically and clearly
c) Use basic grammar including appropriate verb-tense and subject-verb agreement
d) Check work for accuracy, including spelling ✓

Level 1 Reading skill standard: Read and understand a range of straightforward texts

Coverage and range statements

a) Identify the main points and ideas and how they are presented in a variety of texts ✓
b) Read and understand texts in detail ✓
c) Utilise information contained in texts
d) Identify suitable responses to texts

Level 1 Writing Write a range of texts to communicate information, ideas and opinions, using formats and styles suitable for their purpose and audience

a) Write clearly and coherently, including an appropriate level of detail ✓
b) Present information in a logical sequence ✓
c) Use language, format and structure suitable for purpose and audience
d) Use correct grammar, including correct and consistent use of tense ✓
e) Ensure written work includes generally accurate punctuation / spelling & that meaning is clear ✓

Level 2 Reading skill standard: Select, read, understand and compare texts and use them to gather information, ideas, arguments and opinions

Coverage and range statements

a) Select and use different types of texts to obtain and utilise relevant information ✓
b) Read and summarise, succinctly, information/ideas from different sources ✓
c) Identify the purposes of texts and comment on how meaning is conveyed
d) Detect point of view, implicit meaning and/or bias
e) Analyse texts in relation to audience needs and consider suitable responses

Level 2 Writing Write a range of texts, including extended written documents, communicating information, ideas and opinions, effectively and persuasively

a) Present information on complex subjects clearly and concisely
b) Present information/ideas concisely, logically, and persuasively ✓
c) Use a range of writing styles for different purposes
d) Use a range of sentence structures, including complex sentences, and paragraphs to organise written communication effectively ✓
e) Punctuate written text using commas, apostrophes and inverted commas accurately ✓
f) Ensure written work is fit for purpose and audience, with accurate spelling and grammar that supports clear meaning ✓

** This resource also covers many adult literacy curriculum http://www.excellencegateway.org.uk/content/etf1286 elements.

Shocking sugar levels Curriculum mapping and answers

ANSWERS

L1-2

1. What is the name of the campaign group? Action on Sugar
2. What is meant by the term "High Street cafes"? Outlets commonly found in towns and cities.
3. Approximately how what percentage of the drinks analysed contained as much or more sugar as a can of Pepsi? 33% - do not accept 1/3 (this is an embedded maths question).
4. How many outlets feature in the Worst Offenders chart and which of these features the most drinks? 4 and Starbucks
5. Explain in your own words what the chart tells you. Name of the outlet, name of the drink, type of drink, sugar in grams, sugar in teaspoons. (Written in one or more complete sentences).
6. Why do you think there are two sugar measurements? Teaspoons are easier for the reader to interpret than grams.
7. Which is the only drink not to have lactose included in its sugar analysis? Hot mulled fruit - Grape with chai, orange, and cinnamon – Venti.
8. By approximately how much does a Costa Chai Latte Massimo Eat-in exceed the recommended maximum daily sugar intake? 3 times/13 teaspoons
9. What actions does the charity's spokesperson wish coffee shop chains to take? (3 marks)
    - Reduce the amount of sugar in their drinks
    - Improve their labelling
    - Scrap extra-large serving sizes
10. Why does she consider these drinks are particularly damaging? (2 marks) Laden with sugar/calories, often accompanied by high fat/sugar snack.

Entry 3

1. What is the name of the charity quoted in the article? Action on Sugar
2. How many different drinks did they look at? 131
3. List three different sorts of drink they analysed.
    - Flavoured coffees
    - Hot fruit drinks,
    - Hot chocolates
4. Which drink has the most amount of sugar in it? Starbucks' Venti Grape with Chai, Orange and Cinnamon Hot Mulled Fruit
5. What is the name of the person who works for Action on Sugar? Kawther Hashem
6. When does she think you should have one of these high sugar drinks? Sometimes.
7. There is a capital letter missing. Can you find it? Starbucks in paragraph 6
8. List three things that the charity thinks coffee shop chains should do to make their drinks less harmful. See Level 1, Q9 (above).
9. A can of Pepsi has 9 teaspoons of sugar. How many more does a Costa's Massimo Eat-in Chai Latte have? 11