

# L1 Functional English tasks

Name \_\_\_\_\_ Date \_\_\_\_\_

Adapted from <https://www.bbc.co.uk/news/health-66077188>

## Iced coffee can be more sugary than chocolate!



**Iced coffees from high street chains can be more sugary than chocolate and fizzy drinks, research has found.**

Frappes and frappuccinos from Costa, Starbucks and Caffè Nero were compared. Some were found to have "exceptionally high" levels of sugar.

Adults should consume no more than 30g of sugar per day, the NHS says, but one drink had 48.5g. The companies each separately said they offered alternative choices.

Food or drink	Sugar per serving (grams)	Teaspoons of sugar per serving
Mars Bar	31g	6.2
Coca-Cola (330ml can)	35g	7
Starbucks Caramel Frappuccino	48.5g	9.7
Caffè Nero's Belgian chocolate and hazelnut frappe	44.3g	8.9
Costa Coffee's chocolate fudge brownie frappe mocha with oat milk	42.6g	8.5

A spokeswoman for Starbucks said the company was committed to helping customers "make informed and improved choices," and they offered options to customise drinks that could reduce the sugar content.

"Sugar content for an iced latte with semi-skimmed milk, one of our most popular beverages, starts from 8.7g for a tall size," the spokeswoman added.

Caffè Nero said their drink was a "treat" and made up less than 5% of its summer drinks sales. The company said its iced latte, which is its highest seller, contained no added sugar.

Meanwhile Costa Coffee explained that "All drinks can also be customised to reduce the calorie or sugar content, including requesting skimmed milk and removing toppings, or downsizing to a smaller cup size," she said.

How much sugar should we eat?

- **According to the NHS**, adults should have no more than 30g (around seven teaspoons) of free sugars - sugars added to food or drinks - per day
- Children aged seven to 10 should have no more than 24g (six teaspoons) per day
- Children aged four to six should have no more than 19g (five teaspoons) per day
- The health service said there is no guideline limit for children under the age of four, but it is recommended they avoid sugar-sweetened drinks and food with sugar added to it



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8. You may use a dictionary to answer this question.

**'All drinks can be customised...'**

Give one word or phrase to replace 'customised' that keeps the meaning of this quotation the same.

9. Tick one answer.

What is the main purpose of the text?

- A. To inform you about the high amounts of sugar in iced coffees
- B. To persuade you to visit high street coffee shops
- C. To advise you to order customised drinks
- D. To tell you about the NHS

10. The company said its iced latte, which is its highest seller, contained no added sugar.

a) **which is its highest seller** is between two commas because:

<b>A</b>	it is important information	
<b>B</b>	it is additional information	
<b>C</b>	it is a quotation	
<b>D</b>	it connects two sentences	

b) The two commas could be replaced by:

brackets		speech marks	
apostrophes		full stops	

## Extension questions

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

12. Why do you think a Mars bar and a can of Coke have been included in the table?

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## Writing activity

**You recently visited a high street coffee shop with some friends, but were unhappy with the visit.**

**Write an email to complain.**

You should:

- say what happened at the coffee shop
- say why you were unhappy with your visit
- say what improvements should be made

Remember to:

- plan your answer
- use correct spelling, punctuation and grammar
- write accurately in sentences and paragraphs.



**Plan your answer here:**

