

8aRS Englisch Woche 11.05. – 15.05.2020 – Lösung

Extra 1: Counting calories

(hamburger – 254 kcal)

cola – 122 kcal

orange juice – 90 kcal

lemonade – 84 kcal

(apple – 81 kcal)

ice tea – 74 kcal

apple juice – 50 kcal

tea – 0-2 kcal

sparkling water – 0 kcal

tap water – 0 kcal

Soft drinks, hard facts

Drinking soda is one of the worst things you can do to your health. But some schools are now beginning to do something about it.

Experts agree that sugary soft drinks and fast food are the main reasons why so many American teenagers are fat. About 7 % of the calories that they take in come from soft drinks alone. And even if this doesn't cause health problems now, there could be serious trouble later in life.

The problem is that you are still hungry after drinking soft drinks, says Wayne Campbell, a professor in the Department of Food and Nutrition at Purdue University. That's because you don't feel full after drinking – although soft drinks contain a lot of calories. So if you drink a cola, for example, you take in 200 calories, but you still want a burger.

American kids and teenagers are drinking more soft drinks than ever before, according to the U.S. Department of Agriculture. Soda has taken the place of other, healthier drinks. Thirty years ago, for example, boys drank more than twice as much milk as soft drinks.

So what can be done? In California, at least, schools aren't allowed to sell soda anymore. That's because experts have found out that having or not having soda machines in schools changes how much soda teenagers drink. If it's easy to buy soda, kids will drink more. If it's difficult, they won't.