
BBC LEARNING ENGLISH

News Review

23 sugars in one hot drink

The story

Campaigners have warned that some festive coffees and hot chocolates sold by high street chains contain shockingly high levels of sugar. The group Action on Sugar wants them to be subject to the same sugar tax as soft drinks. Several of the coffee chains in the study said they also offered healthier options.

Vocabulary overload

too much (of something)

- The kids are going crazy - they've had a sugar overload!
- The biscuits Rob loves are overloaded with chocolate.

crammed

very full of something

- The Christmas cake was crammed with fruits and nuts.
- We were crammed in like sardines on the Tube this morning!

plant-based

made from plants not animals

- This is a popular plant-based alternative to beef steak.
- In the future people might run cars on plant-based fuels.

Language challenge

What word means 'containing lots of sugar'?

- a) sugarish
- b) sugarful
- c) sugary

Answer:

- c) sugary