

Class: _____

Name: _____

Score: ____ /15

[1-4] Complete the sentences.

nutrients

substance

immediately

whole

1. Sugar is actually a natural _____.
2. There, glucose can _____ be used for energy.
3. 100% vegetable juice is low in sugar, but high in _____.
4. Or eat a _____ apple or carrot with a glass of water instead.

[5-8] Choose the correct words.

5. When we (digest / label) these foods, the sugar breaks down into glucose.
6. However, eating too much sugar can cause (negative / artificial) health effects.
7. So when we drink juice, we need to make the best (flavor / choices) possible.
8. This kind of juice is made (immediately / exclusively) from real fruits like oranges, pineapples, and grapefruits.

[9-11] Read and answer the questions.

Sugar is important. Our body needs it to function properly. However, eating too much sugar can cause negative health effects. If we eat too much sugar, too much glucose is produced in our body too fast. Too much glucose in our blood will cause serious health problems like diabetes. Also, leftover glucose stays in our liver and eventually turns into fat. That will cause other health problems like various liver diseases. We also know what eating too many candy bars will do to our teeth.

9. What is the paragraph mainly about?
 - a) what kinds of foods include sugar
 - b) what happens if we eat too little sugar
 - c) what happens if we eat too much sugar

10. What stays in our liver?

- Ⓐ sugar Ⓑ leftover glucose Ⓒ fat

11. What is NOT true about sugar?

- Ⓐ It turns into glucose after we eat it.
Ⓑ Our body does not need it at all.
Ⓒ Too much sugar can cause serious health problems.

[12-15] Read and answer the questions.

Perhaps the best choice then is 100% vegetable juice. This kind of juice is made from vegetables like beets, tomatoes, and carrots. Like 100% fruit juice, **it** naturally contains lots of vitamins and minerals. Unlike 100% fruit juice, however, it usually contains lots of fiber and very little sugar. So it is high in nutrients, but low in sugar. That is a healthy combination.

So the next time you want to drink juice, choose wisely. Or eat a whole apple or carrot with a glass of water instead. That is even healthier!

12. What does 100% vegetable juice NOT contain?

- Ⓐ fat Ⓑ minerals Ⓒ vitamins

13. What is the healthiest choice?

- Ⓐ drinking 100% fruit juice
Ⓑ drinking 100% vegetable juice
Ⓒ eating a whole fruit or vegetable with a glass of water

14. What does **it** refer to?

- Ⓐ 100% fruit juice Ⓑ 100% vegetable juice Ⓒ fiber

15. What is true about 100% vegetable juice?

- Ⓐ It has very little fiber.
Ⓑ It is high in nutrients.
Ⓒ It is low in nutrients.