

**1. Read the article. Which sentences can be the writer's advice? Tick the boxes.**

a) Children shouldn't eat lots of sugar.

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b) You should drink sugary drinks instead of coffee.

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c) You shouldn't eat ice cream after meals.

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d) You should make your own ice cream.

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e) You shouldn't eat lots of ice cream as a snack.

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**2. Choose the best title for this article.**

a) Foods not to eat

b) Sugar is bad for you!

c) Don't take in calories!