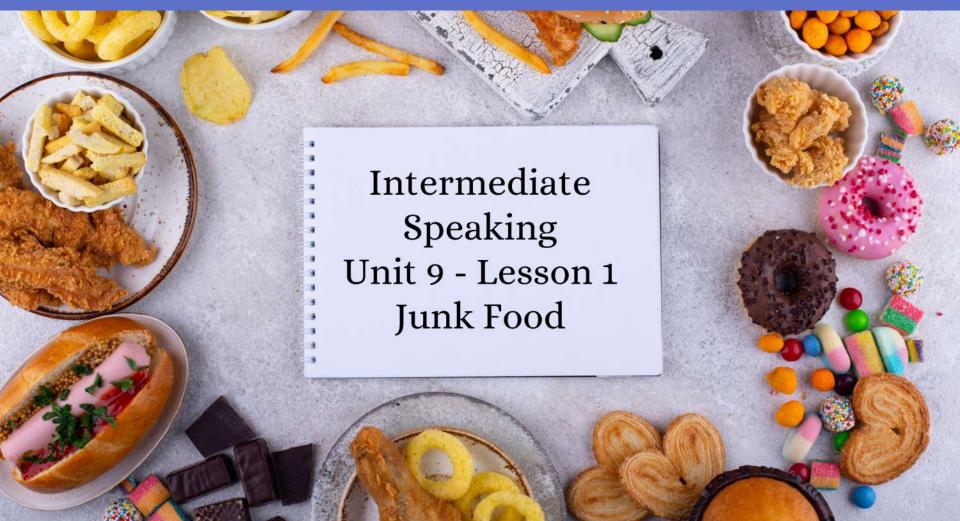
# Super English



## Junk Food: Tasty Trouble?



#### Read the text and discuss the words in bold.

Chips, soda, candy, fries—junk food is like a party in your mouth! But this party can be deceptive. Junk food is full of empty calories and tricks your brain into loving it. It's fast, fun, and addictive. But if you eat too much, your body starts to feel like a tired marshmallow.

- 1. What's your favorite junk food, and how often do you eat it?
- 2. If junk food is bad for you, why do you think people still eat it?
- 3. Do you think all fast food is junk food? Why or why not?





## Your Brain on Sugar



#### Read the text and discuss the words in bold.



When you eat sugar, your brain gets a dopamine rush—a burst of "feel-good" chemicals. It feels amazing for a moment, but it fades fast. This creates a cycle of craving. Suddenly, one cookie turns into five, and your brain is still whispering, "Just one more!"



- 1. Do you ever eat snacks even when you're not hungry?
- 2. How do you feel after eating a lot of sugar?
- 3. Do you think it's difficult to stop eating food that taste really good?

## Vocabulary



#### Match the vocabulary words to their definitions.

 cycle 1. To deal with something difficult or stressful. irresistible 2. A change from one thing into something very different. emotional 3. Something so fun, cool, or tasty that it's hard to say no to. 4. A surprise ending or secret that someone tells too early. cope spoiler 5. A feeling that comes from the heart, like sadness or joy. 6. Something that happens again and again, like a loop. transform

### Dialogue 1: Junk Food = Party, Then Nap



#### Practice the dialogue and answer the question.

Ava: Junk food tastes amazing... for like five minutes.

Noah: Then I feel like I got hit by a sugar bus.

Ava: Honestly, fries are fun until my body says, "Why did you do this?"

Noah: It's the snack hangover.

Ava: Worth it? Sometimes.

Noah: Regret? Also sometimes.

Question: Do you think junk food is okay in moderation?

## See you next time!



