**八年级（下）英语第4周第4课时**

**Module 4 Revision 学程拓展**

**阅读下面的科研报告，思考你从中了解到了哪些知识，并根据所学到的内容为班级做一张有关健康生活的英文宣传海报。**

**Dark side of dieting**

“Zero calories (卡路里) and no weight gain (体重增加).” Diet soft drinks are often advertised in this way. But are they really a good choice?

Some people think diet soft drinks are healthier because they don’t have sugar or calories. They think drinking these drinks can help them lose weight.

Actually, diet soft drinks do have some sugar, although very little. Usually, if there is 0.5 grams (克) of sugar or less in a 100-gram drink, it can be described as a diet soft drink.

Although they have little sugar, diet soft drinks still taste sweet by using artificial sweeteners (人工甜味剂). They have very few calories.

But when you eat sweet-tasting things like sugar, it hits your brain and makes you want more. Your brain tells your body to prepare itself for more sugar. When you drink a diet soft drink, the brain receives the “sweet signal (信号)”, but no sugar arrives. Since the brain is fooled, it still craves (渴望) more sweets.

Some people drink diet soft drinks instead of (而不是) water. This is not a good choice. Diet soft drinks can damage (损害) your teeth and affect your appetite (影响食欲). The additives (添加剂) in these drinks are not good for you either.

Why can’t we stop eating sugar? Sugar just tastes good. Sweet is the first taste that people start to enjoy after birth. Since we like it so much, our brains start to want more of it. The taste of sugar also releases endorphins (分泌内啡肽) that calm and relax us.