



Health and Wellbeing

Short-answer questions: Singapore's Nutri-Grade labels | Cambridge IGCSE ESL 0510/0511

1. Lead-in discussion

Talk with a partner before you read.

1. Which drinks do teenagers often buy after school?
2. Should drinks with a lot of sugar have warning labels?
3. What information helps people choose a healthier drink?
4. Would a label change what you buy? Why, or why not?

Exercise 1 at a glance

Read one factual text. Answers are in the text. Copy exact words and check the question carefully before choosing your answer.

2. Read for overall understanding

Read the text. How do Nutri-Grade labels try to influence drink choices?

Singapore's Nutri-Grade Labels

Singapore introduced Nutri-Grade labels to help people make more informed choices about drinks. The system grades beverages according to their sugar and saturated fat content. A drink with a better grade is generally lower in these nutrients than a drink with a poorer grade.

The first stage began on 30 December 2022. From that date, prepacked drinks and drinks sold from non-customisable automated beverage dispensers had to follow Nutri-Grade labelling rules. Drinks with poorer grades also faced advertising restrictions.

The label is designed to be easy to notice. It uses letter grades, from A to D, and also shows the sugar level clearly. This means a shopper does not have to study a long nutrition panel before comparing two similar drinks in a supermarket.

Singapore later extended the system to freshly prepared drinks. These include drinks made at the point of sale, such as bubble tea, freshly brewed coffee and freshly squeezed juice. This was important because many people buy sweet drinks from cafes and drink stalls, not only from supermarket shelves.

Nutri-Grade does not ban sweet drinks. Instead, it gives consumers clearer information and encourages businesses to offer lower-sugar options. A drink outlet might reduce syrup, use less sweetened milk or make the default version of a drink healthier.

The system also has limits. People may ignore labels, or they may choose a drink for taste rather than health. However, clear labels can make hidden sugar easier to spot and can start conversations about diet, diabetes and everyday choices.

3. Strategy focus

Track dates and categories

When a text gives more than one date or product category, mark each one. Then check which date or category the question asks about.

4. Exam-style short-answer questions

Answer the questions using words from the text.

1. Which two nutrients are used to grade beverages? [1]

2. Which drinks were included in the first stage besides prepacked drinks? [1]

3. What does the label show clearly besides the letter grade? [1]

4. Which freshly prepared drink is mentioned as an example? Give one. [1]

5. What might a drink outlet reduce to make a drink healthier? [1]

6. According to the text, what are three possible effects of Nutri-Grade labels? [3]

5. Vocabulary notebook

Underline five useful words or phrases. Check their meaning, then record them in your vocabulary notebook.

6. Follow-up tasks

1. Discussion: Would Nutri-Grade labels change what students buy?

2. Summary: Summarise the system in about 50 words.

3. Creative task: Design a menu label for a lower-sugar drink.

4. Research: Find one food or drink label used in another country.

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4. Exam-style short-answer questions

1. sugar and saturated fat
2. drinks sold from non-customisable automated beverage dispensers
3. the sugar level
4. Any one from: bubble tea; freshly brewed coffee; freshly squeezed juice.
5. syrup
6. Any three from: help people make more informed choices; make hidden sugar easier to spot; encourage businesses to offer lower-sugar options; start conversations about diet, diabetes and everyday choices; help compare similar drinks.

Notes for checking

1. Answers should be short and clearly based on the text.
2. Accept bracketed or optional wording if the meaning is clear.
3. For the final question, learners need three separate details.