

## **SWEETS. THEIRS BENEFIT AND HARM (СОЛЮДОЦЦ. ЇХ КОРИСТЬ І ШКОДА)**

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*У доповіді наведений матеріал щодо історії солодоццв, їх різновидів, а також шкоди та корисності даних виробів.*

Nowadays sweet food occupy an important place in our life. Each of us drink tea or coffee with sugar, eat sweets, cakes and a lot of other confectionery every day. We do not notice but we depend on sweets. It's the most common drugs of the 21 century. Besides these drugs are not prohibited to distribute and use. Of course, these products give us energy, good mood and have high energy value. Scientists identified a lot of useful qualities of sweets. But excess sweet – enemy of health, figure and teeth. But all these arguments can't force to refuse to eat a piece of something sweet. And this is a global problem – we can't stop in time. That's why I want to tell everything I know about these products. There is history of invention and development of sweets, their varieties, benefit, harm and alternatives to candy. Adults and children must learn to control consumption of sweet. It's very important for our health.

Some of us are addicted to candies. Over the years, candies have been one of the most common and popular snacks. Candy is often high in sugar and fat content, which causes obesity to not only kids but also adults. There are actually healthy and sweet alternatives to candy which will surely be enjoyed by kids and all of us.

Fruits are a healthy alternative and most people and kids love fruits too.

I hope this report help everyone control their desire.

Items of report:

1. Entry
2. Some of the categories and types of confectionery
3. History of confectionery
4. The history candy
5. The history of chocolate
6. The history of the pastry
7. Health Benefits of Chocolate and Candy
8. The Superpowers of Candy
9. Ten Negative Effects of Sugar On Your Health
10. Healthy and sweet alternatives to candy