**Addictive behaviours**

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**Vocabulary:**

a drug

substance abuse : la toxicomanie

to be addicted to...

to be an addict/to be a junkie (familier)

to suffer from an addiction to...

to be in withdrawal : être en manque (d'une drogue)

**Should sugar and fat be considered as drugs?**

a feeling of withdrawal

comfort food

processed foods are full of additives (flavours etc.) that make them addictive (see Nutella: its taste is unique)

access to junk food is limited in French schools + quantities limited in processed foods => limit //other legal drugs (alcohol, tobacco)

BUT sugar and fat are essential to a healthy diet, your brain needs them to function properly (! quality vs quantity)