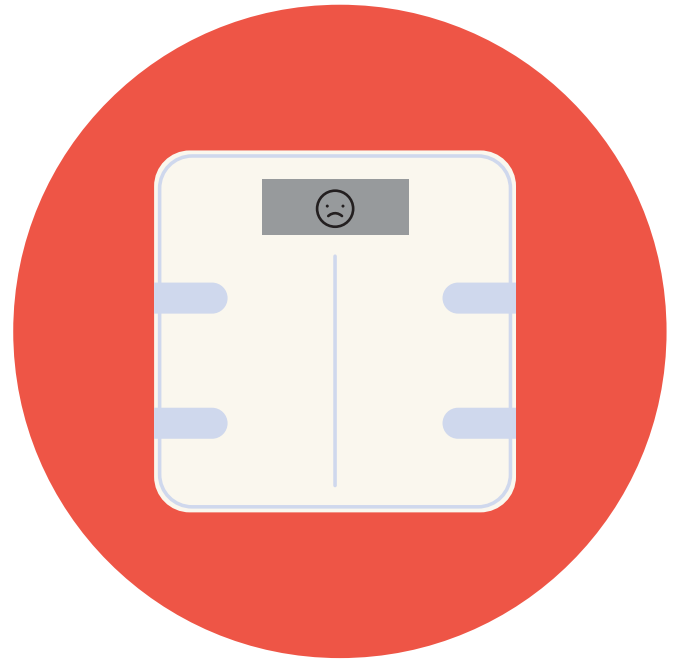


Obesity

Pre-Reading

A. Warm-Up Questions

1. Why do people overeat?
2. Which parts of the world have the highest obesity rates?
3. What is an epidemic?
4. What types of food are high in fiber?



B. Vocabulary Preview

Match up as many words and meanings as you can.
Check this exercise again after seeing the words in context on page 2.

- | | |
|-------------------------|---|
| ___ 1. obesity | a) healthy to eat |
| ___ 2. sign | b) the problem of being overweight |
| ___ 3. overeat | c) related to the financial wellness of an area |
| ___ 4. public health | d) the health of a community |
| ___ 5. nutritious | e) a carbohydrate that helps you digest food |
| ___ 6. fiber | f) an indication |
| ___ 7. lack | g) not enough of something |
| ___ 8. timetable | h) a personal schedule |
| ___ 9. economic | i) to eat more than you need |
| ___ 10. life expectancy | j) how long you will likely live |

Vocabulary Review

A. Word Forms

Indicate whether the following words are adjectives, verbs, or nouns.
Practice making sentences out loud with a partner.
Take turns using both forms.

- | | |
|---|--|
| <p>1. economic _____
economy _____</p> <p>2. nutrition _____
nutritious _____</p> <p>3. expect _____
expectancy _____</p> | <p>4. obese _____
obesity _____</p> <p>5. health _____
healthy _____</p> |
|---|--|

B. Odd One Out

Choose the word or phrase that does NOT belong in the group.

- | | | |
|---|---|---|
| <p>1. a) warning
b) sign
c) economy
d) indication</p> | <p>3. a) lack
b) not enough
c) fiber
d) missing</p> | <p>5. a) indulge
b) life expectancy
c) overeat
d) feast</p> |
| <p>2. a) nutritious
b) healthy
c) good for you
d) overeat</p> | <p>4. a) public
b) schedule
c) timetable
d) plans</p> | |

Discussion

- | | |
|--|--|
| <p>1. Which countries (or cultures) do not suffer from obesity? Why do you think this is?</p> <p>2. Is childhood obesity a form of abuse? Is it a parent's job to make sure his or her child has proper nutrition?</p> | <p>3. How can governments reduce obesity?</p> <p>4. Which is a bigger global problem, obesity or starvation?</p> |
|--|--|

Listening

Fill in the blanks as you listen to the recording.

OBESITY

How big will this problem get?

1. Did you know that _____ was once a _____ of the rich and famous? Only those who had money were able to _____. These days, obesity is a _____ health problem in many nations. Food is cheaper than it used to be. Obesity affects the rich and the poor. In 2010, at least 50% of Americans were overweight. Health experts warned that this number would rise above 80% by 2020.
2. Why is obesity increasing? The number one reason is food choice. We know which foods are _____, but we eat them anyway. Our busy lifestyles are part of the problem. Many people eat fast food because they don't have time to cook. Restaurant food is typically less _____ than home-cooked food. It is high in sugar and fat and contains less _____.
3. Another cause of obesity is _____ of exercise. We may be busy, but that doesn't mean we're moving. People work at computer desks and sit in cars or on trains. Walking to school or playing sports after work does not fit into our _____.
4. Obesity isn't only a health problem. It is also an _____ concern. Treating diabetes and heart conditions is very costly. Even children require medical attention for obesity. Did you know that an obese person's _____ is similar to a smoker's? Obesity cuts off about eight to ten years of one's life.