

1

Answer the following questions in your own words.

1. In which countries of the world is childhood obesity a big problem? _____

2. What body mass index should you have so that you're not overweight? _____
3. What do we need in order to grow and stay healthy? _____
4. Name some of the causes of obesity. _____

5. What are fat cells for? _____
6. What are vending machines and where can you find them? _____

7. Why do soft drinks lead to increased obesity? _____
8. How have family eating habits changed over the years? _____

9. What is the problem with TV ads? _____
10. How might overweight parents affect the obesity of children? _____

11. What can type 2 diabetes lead to? _____

12. Name a few other risks of obesity? _____

CHILDHOOD OBESITY – EXERCISES

2

Match the words on the left with the definitions on the right.

A	consequence			chemical or food that gives you what you need to grow
B	influence			physical activity
C	exercise			disease in which there is too much sugar in your blood
D	blood pressure			not enough
E	store			to become heavier
F	diabetes			one of the two organs in your back that makes urine
G	body mass index			effect, result
H	gain weight			too much
I	obese			young person between 12 and 18
J	lack			to keep things somewhere until you need them
K	adolescent			almost the same
L	nutrient			another word for "being fat" or overweight
M	confidence			the force with which blood flows through your body
N	excessive			shows that you have the right weight for your height
O	similar			you believe in yourself and think you can do something well
P	kidney			to have an effect on

CHILDHOOD OBESITY – EXERCISES

3

Match the beginnings of the sentences with the sentence endings.
There are TWO endings you will not need.

A	Instead of eating an apple			in order to grow.
B	Genes determine how well your body			to measure obesity.
C	Fat cells store energy			you are more likely to keep a healthy weight
D	The body mass index uses a combination of height and weight			about food and sweets.
E	American children see many commercials			a variety of snacks and soft drinks.
F	If you have high blood pressure or diabetes			we often reach for sweets.
G	Children are likely to copy eating habits			because the children don't exercise enough.
H	Vending machines in schools offer children			turns food into energy
I	Children and young adults need nutrients			from their parents and grandparents.
J	A main cause of obesity			is the low price of fast food
K	Sleeping disorders are among the consequences			you may be at risk
L	If you develop healthy eating habits			many children sit in front of computers and cell phones
M	Instead of going outside and exercising			are overweight
N	Studies have shown that about a third of American children			is the lack of physical exercise.
				of childhood obesity
				when we don't have enough food.

4

Complete the text with words from the box. There are TWO words you will not need.

Eating habits

Many of us eat up to four meals a day thanks to (1) _____ snacking. And when we have a snack, we don't eat a carrot or an apple. Instead, we reach for (2) _____ or sweets. But this is not always the children's fault. Schools are full of (3) _____ that offer high calorie snacks and sugary (4) _____ drinks. To make things worse they are bombarded with TV ads and commercials for (5) _____ food. An average American eight-year-old watches more than four thousand food ads a year. About 35% of these ads are for candy and snacks, another 10% for fast food.

Fast food is another reason for (6) _____. While some fast-food chains offer (7) _____ alternatives, these aren't what people order. Today's families also (8) _____ a lot more than earlier generations.

If you develop healthy eating habits you'll be more likely to keep a healthy (9) _____. And it's at home where we form such habits.

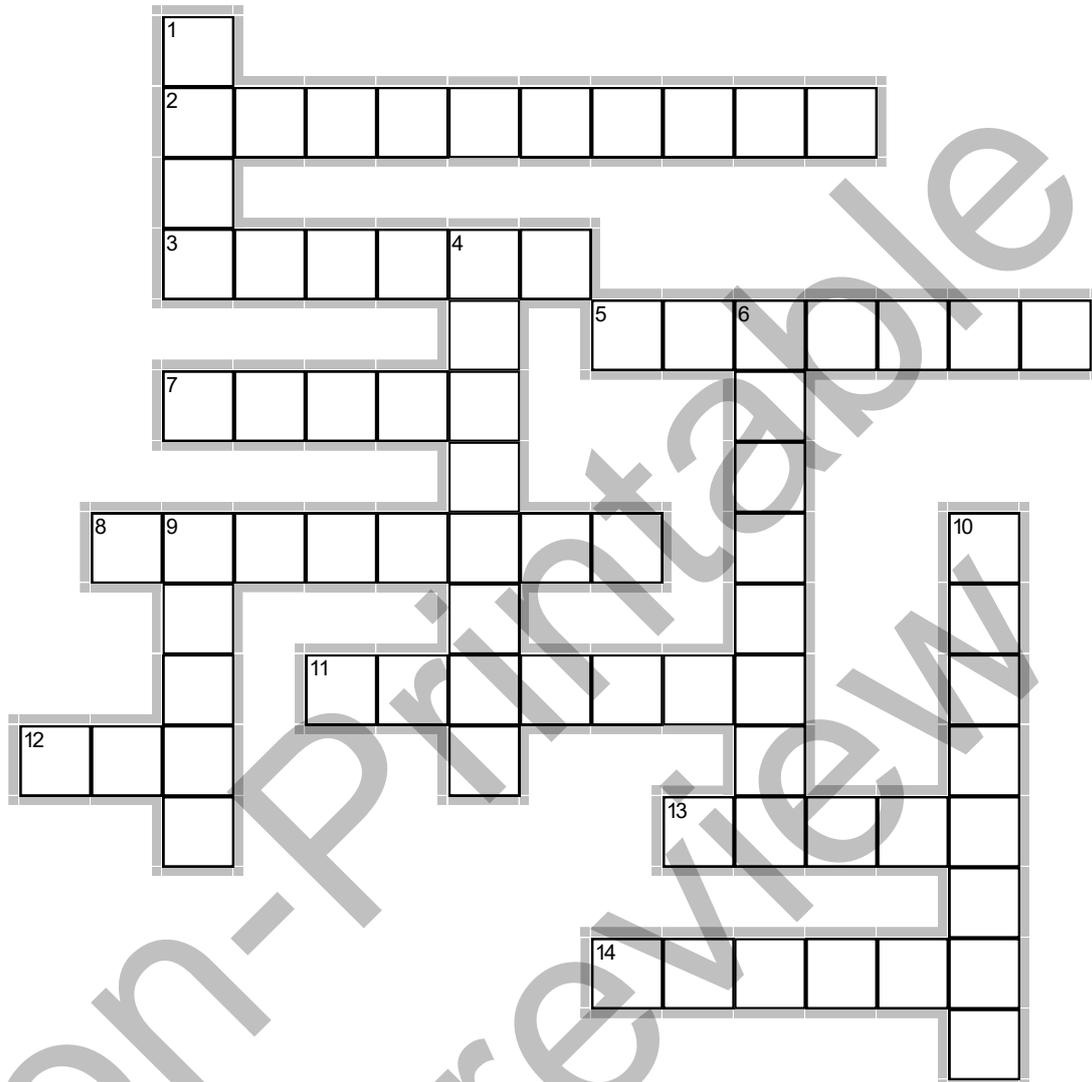
If your parents are overweight or obese (10) _____ are that you may have seen wrong eating habits your whole life. Children who observe their parents eat a cookie (11) _____ a piece of fruit, take their meals in front of the TV set or eat too quickly are more likely to do the same. This (12) _____ their chances of becoming overweight children and, later on, (13) _____.



"Vegetable basket png sticker, healthy" is marked with CC0 1.0.

adults
away
chances
eat out
excessive
healthy
increases
instead of
junk food
obesity
soft
that means
unhealthy
vending machines
weight

Crossword



Across

- 2. young person who is becoming an adult
- 3. an organ in your back that produces urine
- 5. you get food, snacks, drinks out of a _____ machine
- 7. another word for being fat or overweight
- 8. everything that has to do with the body
- 11. illness
- 12. number that shows if you have the right weight compared to your height (short word)
- 13. to keep things in a place until you need them

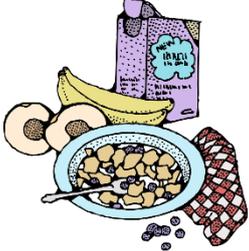
- 14. when you breathe you make loud noises in your throat and chest

Down

- 1. not enough of something
- 4. physical activity that keeps you healthy
- 6. chemical or food that gives you important things that you need to grow or stay healthy
- 9. the things you do or eat regularly
- 10. a disease in which there is too much sugar in your blood

6

Eating habits – Write a few sentences about what you typically eat

<p>Breakfast</p> 	
<p>Lunch</p> 	
<p>Dinner</p> 	
<p>Snacks and Fast Food</p> 	
<p>Drinks</p> 	