

1

Answer the following questions in your own words.

1. In which countries of the world is childhood obesity a big problem? **industrialized countries, western Europe, the United States**
2. What body mass index should you have so that you're not overweight? **25**
3. What do we need in order to grow and stay healthy? **nutrients, exercise**
4. Name some of the causes of obesity. **eating too much, fast food, sugary drinks, not enough exercise**
5. What are fat cells for? **it stores energy when you don't eat a lot**
6. What are vending machines and where can you find them? **a machine from which you get food and drinks by inserting money; in schools, offices etc..**
7. Why do soft drinks lead to increased obesity? **there is too much sugar in them**
8. How have family eating habits changed over the years? **families eat out more, go to fast food restaurants**
9. What is the problem with TV ads? **they show ads and commercials for unhealthy food and snacks**
10. How might overweight parents affect the obesity of children? **they see the wrong eating habits**
11. What can type 2 diabetes lead to? **blindness, heart and kidney diseases, damage nerves**
12. Name a few other risks of obesity? **asthma, wheezing, high blood pressure, sleeping disorders**

## CHILDHOOD OBESITY - KEY

2

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

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

## CHILDHOOD OBESITY – KEY

3

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

|          |   |          |   |
|----------|---|----------|---|
| <b>A</b> | Instead of eating an apple                                  | <b>I</b> | in order to grow.                                       |
| <b>B</b> | Genes determine how well your body                          | <b>D</b> | to measure obesity.                                     |
| <b>C</b> | Fat cells store energy                                      | <b>L</b> | you are more likely to keep a healthy weight            |
| <b>D</b> | The body mass index uses a combination of height and weight | <b>E</b> | about food and sweets.                                  |
| <b>E</b> | American children see many commercials                      | <b>H</b> | a variety of snacks and soft drinks.                    |
| <b>F</b> | If you have high blood pressure or diabetes                 | <b>A</b> | we often reach for sweets.                              |
| <b>G</b> | Children are likely to copy eating habits                   |          | because the children don't exercise enough.             |
| <b>H</b> | Vending machines in schools offer children                  | <b>B</b> | turns food into energy                                  |
| <b>I</b> | Children and young adults need nutrients                    | <b>G</b> | from their parents and grandparents.                    |
| <b>J</b> | A main cause of obesity                                     |          | is the low price of fast food                           |
| <b>K</b> | Sleeping disorders are among the consequences               | <b>F</b> | you may be at risk                                      |
| <b>L</b> | If you develop healthy eating habits                        | <b>M</b> | many children sit in front of computers and cell phones |
| <b>M</b> | Instead of going outside and exercising                     | <b>N</b> | are overweight  |
| <b>N</b> | Studies have shown that about a third of American children  | <b>J</b> | is the lack of physical exercise.                       |
|          |   | <b>K</b> | of childhood obesity                                    |
|          |   | <b>C</b> | 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) **excessive** snacking. And when we have a snack, we don't eat a carrot or an apple. Instead, we reach for (2) **junk food** or sweets. But this is not always the children's fault. Schools are full of (3) **vending machines** that offer high calorie snacks and sugary (4) **soft** drinks. To make things worse they are bombarded with TV ads and commercials for (5) **unhealthy** 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) **obesity**. While some fast-food chains offer (7) **healthy** alternatives, these aren't what people order. Today's families also (8) **eat out** a lot more than earlier generations.

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

If your parents are overweight or obese (10) **chances** are that you may have seen wrong eating habits your whole life. Children who observe their parents eat a cookie (11) **instead of** 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) **increases** their chances of becoming overweight children and, later on, (13) **adults**.



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

