

CHILDHOOD OBESITY - WORD LIST

- **adolescent** = a young person between 12 and 18 who is becoming an adult
- **affect** = to have an effect on
- **average** = normally
- **blindness** = if you cannot see anything
- **blood pressure** = the force with which blood travels through your body
- **body mass index (BMI)** = shows if you have the right weight for your height
- **bombard** = hit
- **bowed** = curved
- **candy** = a sweet food made from sugar and chocolate
- **carrot** = a long, pointed orange vegetable that grows under ground
- **common** = very often
- **confidence** = you believe in yourself and think you can do something well
- **consequence** = effect, result
- **definitely** = absolutely
- **determine** = decide, control
- **develop** = grow
- **disease** = illness
- **eat out** = to have a meal at a restaurant, not at home
- **excessive** = too much
- **exercise** = physical activity that lets you stay healthy and makes you stronger
- **explanation** = the reason you give for why something happened
- **factor** = one of many things
- **fast food chain** = fast food stores that have the same name
- **fat cell** = a body cell that has fat in it
- **fault** = someone is to blame
- **gain weight** = to become heavier
- **habit** = what you regularly do
- **height** = how tall you are
- **illness** = disease
- **increase** = to go up
- **influence** = to have an effect on
- **instead of** = in something's place, as an alternative
- **kidney** = one of the two organs in your back that separates waste products from your blood and makes urine
- **lack** = not enough
- **likely** = probably
- **mainly** = mostly
- **measure** = calculate
- **nutrient** = chemical or food that gives you important things you need to live
- **obese** = another word for fat, overweight
- **obesity** = this situation of being very much overweight
- **overweight** = to have too much weight
- **pause** = break
- **physical** = everything that has to do with the body
- **put on** = gain, become more
- **reach for** = try to get
- **reason** = cause
- **scarce** = when there is not enough
- **score** = number
- **series** = a number of
- **sign** = signal, warning
- **similar** = almost the same
- **sleeping disorder** = if you have problems sleeping or cannot sleep well
- **soft drink** = a cold, sugary drink that does not have any alcohol in it
- **store** = to keep things somewhere until you need them
- **study** = report
- **treat** = cure, heal
- **type 2 diabetes** = a disease in which there is too much sugar in your blood
- **use up** = to use all of something
- **vending machine** = a machine from which you can get drinks, cigarettes, and something to eat by putting money into it
- **weight** = how heavy you are
- **wheeze** = when you breathe you make loud noises in your throat and chest