

Pre-Reading 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 fibre?

Pre-Reading Vocabulary Task ☀

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

- | | |
|---------------------|---|
| 1. obesity | a) healthy for eating |
| 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. fibre | f) an indication |
| 7. lack | g) the not having enough of something |
| 8. timetable | h) personal schedule |
| 9. economic | i) eat more than you need |
| 10. life expectancy | j) how long you will likely live |



Obesity

How big will this problem get?

Did you know that **obesity** was once a **sign** of the rich and famous? Only those who had money were able to **overeat**. These days obesity is a **public 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 percent of Americans were overweight. Health experts warned that this number would rise above 80% by 2020.

Why is obesity increasing? The number one reason is food choice. We know which foods are fattening, 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 **nutritious** than home-cooked food. It is high in sugar and fat and contains less **fibre**.

Another cause of obesity is **lack** 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 **timetable**.

Obesity isn't only a health problem. It is also an **economic** concern. Treating diabetes and heart conditions is very costly. Even children require medical attention for obesity. Did you know that an obese person's **life expectancy** is similar to a smoker's? Obesity cuts off about 8-10 years of one's life.

Comprehension Questions

1. Why does the reading mention the “rich and famous”?
2. What is the main reason why obesity is an increasing problem?
3. How does a busy lifestyle add to the problem of obesity?
4. How does obesity affect the economy?
5. What statistic is shared at the end of the reading?



Vocabulary Review

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

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

B. Odd One Out Choose the word or phrase that does NOT belong in the group.

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

Discussion Questions

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

ANSWER KEY

Pre-reading Vocabulary Task

1. b 2. f 3. i 4. d 5. a 6. e 7. g 8. h 9. c 10. j

Comprehension Questions

1. The reading mentions the “rich and famous” because long ago these were the only people who were obese.
2. The main reason why obesity is an increasing problem is because people do not make wise food choices.
3. A busy lifestyle adds to the problem of obesity because people don’t have enough time to cook homemade food. Restaurant food is more fattening.
4. Obesity affects the economy because it is expensive to treat health problems. Even children require medical attention for obesity.
5. At the end of the reading it says that life expectancy is reduced by 8-10 years. This is comparable to a smoker’s life expectancy.

Vocabulary Review

A. Word Forms

1. adjective; noun 2. noun; adjective 3. verb; noun 4. adjective; noun 5. noun adjective

B. Odd One Out

1. c 2. d 3. c 4. a 5. b