

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 meanings and words as you can before you read.
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 |

Reading

OBESITY

How big will this problem get?

1. Did you know that **obesity** was once a **sign** of the rich and famous? Only those who had money were able to **overeate**. 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% 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 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 **fiber**.
3. 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**.
4. 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 eight to ten years of one's life.

"We allow things to be sold that should not be called food. Many have no nutritive value and lead to obesity, salt imbalance, and allergies."

—David Suzuki

Comprehension

Discuss these questions in pairs, and write the answers in your notebook.

1. Why does the reading mention the rich and famous?
2. What is the main reason 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 Forms

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

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

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 | 3. a) lack
b) not enough
c) fiber
d) missing | 5. a) indulge
b) life expectancy
c) overeat
d) feast |
| 2. a) nutritious
b) healthy
c) good for you
d) overeat | 4. a) public
b) schedule
c) timetable
d) plans | |

Discussion Questions

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

Listening – Gap Fill

🔊 <http://blog.esllibrary.com/2011/01/19/podcast-obesity/>

Fill in the blanks as you listen to the recording.

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1. obesity, sign, overweight, public
 2. fattening, nutritious, fiber
 3. lack, timetable
 4. economic, life expectancy

ANSWERS: