

The growing problem of obesity

Matt McGrath | *BCC News* | February 20th, 2008

[This news article considers the issue of obesity]

- A. The world needs to tackle the growing epidemic of obesity with the same sense of **global** urgency as climate change. The head of the international obesity taskforce, Professor Philip James, said that we needed greater political leadership at the international level.
- B. The scale of the obesity epidemic is such that the world needs a **global** pact on the best ways to tackle it. At present, according to Professor Philip James, an **expert** on nutrition, obese children outnumber the malnourished by two to one. This worldwide weight gain is sparking a marked rise in some diseases – the number of people with type two diabetes is expected to double to 366 million by 2030.
- C. According to Professor James, there is no point in blaming **individuals** for being overweight – we need real political leadership to change the **environment** that is rapidly making the world fat. The fat content of food needs to be **labelled** clearly, advertisers must be prevented from **targeting** children and governments must encourage people to get out of their cars.
- D. Professor James also said that new **data** from Scandinavia **indicates** that the weight of a child at the age of 7 to 12 **predicts** whether or not they are going to die early from heart disease or other problems.



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Task 1. Comprehension Questions

Are the following questions True, False or Not Given?

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|-------|--|-----------|--------------------------|
| 1. | There needs to be a worldwide answer to the current problems of fatness. | True | <input type="checkbox"/> |
| | | False | <input type="checkbox"/> |
| | | Not Given | <input type="checkbox"/> |
| <hr/> | | | |
| 2. | There are more children in the world who don't have enough to eat than there are those who eat too much. | True | <input type="checkbox"/> |
| | | False | <input type="checkbox"/> |
| | | Not Given | <input type="checkbox"/> |
| <hr/> | | | |
| 3. | There has been a sharp increase recently in the number of people affected by illnesses associated with being overweight. | True | <input type="checkbox"/> |
| | | False | <input type="checkbox"/> |
| | | Not Given | <input type="checkbox"/> |
| <hr/> | | | |
| 4. | Professor James says it's important that people take responsibility themselves if they are fat. | True | <input type="checkbox"/> |
| | | False | <input type="checkbox"/> |
| | | Not Given | <input type="checkbox"/> |
| <hr/> | | | |
| 5. | Professor James says governments should encourage people to exercise more. | True | <input type="checkbox"/> |
| | | False | <input type="checkbox"/> |
| | | Not Given | <input type="checkbox"/> |
| <hr/> | | | |
| 6. | Professor James said that Scandinavian research shows that you can tell from children's weight if they will have heart problems when they are older. | True | <input type="checkbox"/> |
| | | False | <input type="checkbox"/> |
| | | Not Given | <input type="checkbox"/> |

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Task 2. Vocabulary

Match these words and phrases to their definitions.

1. obesity epidemic	A. it is useless saying that people are at fault or are responsible for
2. a global pact	B. making a sharp increase happen
3. nutrition	C. an agreement by all the governments in the world
4. obese children outnumber the malnourished by two to one	D. to use their cars less (for example, to walk or cycle more)
5. sparking a marked rise	E. a disease in which the body cannot control the level of sugar in the blood
6. diabetes	F. scientific study of food
7. there is no point in blaming individuals	G. written in plain, simple clear language
8. labelled clearly	H. tells if in the future something will happen or not
9. to get out of their cars	I. fatness problem that seriously affects a lot of people at the same time
10. predicts whether or not	J. for every one child who doesn't have enough to eat in the world, there are two fat ones

1. = _____ 6. = _____
 2. = _____ 7. = _____
 3. = _____ 8. = _____
 4. = _____ 9. = _____
 5. = _____ 10. = _____

Task 3. Write a short report



Search and find the following information:

1. The number or percentage of obese people in the UAE
2. Details about how eating habits have changed (e.g. traditional food at home to fast food in the mall)
3. Solutions: what can the government and/or individuals do about the problems resulting from obesity?

And then – *in your own words* – write a short report of at least 150 words, including an introduction paragraph.

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