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Level 3

Nearly 1 billion obese people in developing world

5th January, 2014

<http://www.breakingnewsenglish.com/1401/140105-developing-world.html>

Contents

| | | | |
|--------------------------------|----|--|----|
| The Article | 2 | Discussion (Student-Created Qs) | 14 |
| Warm-Ups | 3 | Language Work (Cloze) | 15 |
| Before Reading / Listening | 4 | Spelling | 16 |
| While Reading / Listening | 5 | Put The Text Back Together | 17 |
| Match The Sentences And Listen | 6 | Put The Words In The Right Order | 18 |
| Listening Gap Fill | 7 | Circle The Correct Word | 19 |
| Comprehension Questions | 8 | Insert The Vowels (a, e, i, o, u) | 20 |
| Multiple Choice - Quiz | 9 | Punctuate The Text And Add Capitals | 21 |
| Role Play | 10 | Put A Slash (/) Where The Spaces Are | 22 |
| After Reading / Listening | 11 | Free Writing | 23 |
| Student Survey | 12 | Academic Writing | 24 |
| Discussion (20 Questions) | 13 | Homework | 25 |
| | | Answers | 26 |

Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

There are now almost one billion obese adults in the developing world. This figure was around 250 million in 1980. The number of very overweight people has almost quadrupled in the last 35 years. A report from the Overseas Development Institute (ODI) said one in three people is overweight. The institute wants all world governments to do more to change what people eat. The biggest reasons that people are fatter are that they have more money and they are spending it on fast food. Fewer people are eating traditional, healthier food. Steve Wiggins from the ODI said: "Changes in lifestyle, the increasing availability of processed foods, and advertising have all led to dietary changes."

It's not all bad news. Two countries (Denmark and South Korea) have done very well in the past few decades to deal with the obesity problem. Denmark introduced laws against trans-fatty acids. Restaurants and food producers must be very careful about the kind of fats they use to cook their food. South Korea started a public education programme 20 years ago. It warned people about the problems of obesity. Mr Wiggins said: "A few decades ago the government of Korea said we must encourage our traditional foods, which are low in fats and oils, high in vegetables, high in sea food and so on. There was a lot of public education, a lot of training, and a sense that Korean food is good for you."

Sources: <http://www.bbc.co.uk/news/health-25576400>
<http://www.theguardian.com/global-development/2014/jan/03/obesity-soars-alarming-levels-developing-countries>
<http://news.sky.com/story/1189686/obesity-rates-triple-in-developing-world>

WARM-UPS

1. OVEREATING: Students walk around the class and talk to other students about overeating. Change partners often and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

obese / developing world / quadrupled / governments / spending / fast food / lifestyle / bad news / restaurants / fats / public education / traditional foods / vegetables / sense

Have a chat about the topics you liked. Change topics and partners frequently.

3. OBESITY: How can we change eating habits? Complete this table with your partner(s). Change partners often and share what you wrote.

| | Good points about this | Bad points about this |
|--------------------------|------------------------|-----------------------|
| Ban fast food | | |
| Education everywhere | | |
| Free gyms | | |
| Tax high-fat food | | |
| Cash for going on a diet | | |
| Exercise hour at work | | |

4. NO FAT: Students A **strongly** believe that nobody will be overweight in the future; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

5. OBESITY ACTION: Rank these and share your rankings with your partner. Put the best ideas to reduce obesity at the top. Change partners often and share your rankings.

- ban chocolate
- daily exercise hours
- high tax on fast food
- free gym membership
- walking machines in malls
- education
- cash bonus for dieting
- cheaper healthcare

6. WEIGHT: Spend one minute writing down all of the different words you associate with the word "weight". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. In 1980, there were half-a-billion obese people in the developing world. T / F
- b. The number of obese people has gone up by 50% in the last 35 years. T / F
- c. A big reason for people becoming overweight is that they are wealthier. T / F
- d. A development worker said advertising was also responsible. T / F
- e. The article said it was all bad news. T / F
- f. Denmark has laws about what fat restaurants can use. T / F
- g. Obesity rates in Korea have gone up a lot in the past few decades. T / F
- h. Korea introduced education programmes about obesity for its people. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|---------------|-----------------|
| 1. figure | a. unpleasant |
| 2. institute | b. causes |
| 3. reasons | c. cautioned |
| 4. fewer | d. number |
| 5. increasing | e. recommend |
| 6. bad | f. growing |
| 7. deal | g. awareness |
| 8. warned | h. organization |
| 9. encourage | i. cope |
| 10. sense | j. not many |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-----------------------------------|-------------------------|
| 1. This figure was | a. of fats they use |
| 2. almost quadrupled | b. lifestyle |
| 3. they are spending it | c. bad news |
| 4. Changes in | d. in the last 35 years |
| 5. dietary | e. high in vegetables |
| 6. It's not all | f. on fast food |
| 7. in the past | g. is good for you |
| 8. be very careful about the kind | h. around 250 million |
| 9. low in fats and oils, | i. changes |
| 10. a sense that Korean food | j. few decades |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

There are now almost one billion obese (1) _____ in the developing world. This (2) _____ was around 250 million in 1980. The number of very overweight people has almost (3) _____ in the last 35 years. A report from the Overseas Development Institute (ODI) said one in three people is (4) _____. The institute wants all world governments to do more to change what people eat. The biggest (5) _____ that people are fatter are that they have more money and they are (6) _____ it on fast food. Fewer people are eating (7) _____, healthier food. Steve Wiggins from the ODI said: "Changes in lifestyle, the increasing availability of processed foods, and advertising have all led to (8) _____ changes."

spending
overweight
figure
dietary
adults
traditional
quadrupled
reasons

It's not all bad (9) _____. Two countries (Denmark and South Korea) have done very well in the past few decades to (10) _____ with the obesity problem. Denmark introduced laws against trans-fatty acids. Restaurants and food producers must be very (11) _____ about the kind of fats they use to cook their food. South Korea started a public education programme 20 years ago. It (12) _____ people about the problems of obesity. Mr Wiggins said: "A few (13) _____ ago the government of Korea said we must encourage our traditional foods, which are (14) _____ in fats and oils, high in vegetables, high in (15) _____ food and so on. There was a lot of public education, a lot of training, and a (16) _____ that Korean food is good for you."

low
warned
sense
deal
sea
news
decades
careful

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

- 1) _____ around 250 million in 1980.
 - a. This figured was
 - b. This figures was
 - c. This figure was
 - d. This figuring was
- 2) The number of very overweight people has _____.
 - a. almost doubled
 - b. almost trebled
 - c. almost quadrupled
 - d. almost quintupled
- 3) one in three people _____.
 - a. is over the weight
 - b. is over wait
 - c. is over the wait
 - d. is overweight
- 4) they have more money and they are spending it _____.
 - a. in fast food
 - b. on fast food
 - c. of fast food
 - d. at fast food
- 5) Changes in lifestyle, the increasing availability of _____, and advertising
 - a. processes foods
 - b. process it foods
 - c. processed foods
 - d. processing foods
- 6) Two countries (Denmark and South Korea) have done very _____.
 - a. well in the passed
 - b. well in the past
 - c. well in the parsed
 - d. well in the psst
- 7) Denmark introduced laws against _____.
 - a. trans-fatty acidic
 - b. trans-fatty acid
 - c. trans-fatty acids
 - d. trans-fatty as its
- 8) South Korea started a public _____.
 - a. education programme
 - b. education programmer
 - c. education programmes
 - d. education programmed
- 9) low in fats and oils, high in vegetables, high in sea food _____.
 - a. and so on
 - b. and soon
 - c. and sew on
 - d. and sow on
- 10) _____ Korean food is good for you
 - a. a sense that
 - b. a tenth that
 - c. a tents that
 - d. a scent that

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

There are now almost one billion obese adults in the developing world. This (1) _____ 250 million in 1980. The number of very overweight people has almost (2) _____ last 35 years. A report from the Overseas Development Institute (ODI) said one in three (3) _____. The institute wants all world governments to do more to change what people eat. The (4) _____ people are fatter are that they have more money and they are spending it on fast food. Fewer people (5) _____, healthier food. Steve Wiggins from the ODI said: "Changes in lifestyle, the increasing availability of processed foods, and advertising have (6) _____ changes."

It's (7) _____. Two countries (Denmark and South Korea) have done very well (8) _____ decades to deal with the obesity problem. Denmark introduced laws against trans-fatty acids. Restaurants and food producers must (9) _____ the kind of fats they use to cook their food. South Korea started a public education programme 20 years ago. It warned people about the problems of obesity. Mr Wiggins said: "(10) _____ the government of Korea said we must encourage our traditional foods, which are low in fats and oils, high in vegetables, high in sea (11) _____. There was a lot of public education, a lot of training, (12) _____ Korean food is good for you."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

1. How many adults were obese in 1980 in the developing world?

2. In what time period has the number of obese almost quadrupled?

3. What does the ODI want governments to do?

4. What are people spending their money on?

5. What has lifestyle changes and advertising led to?

6. Which two countries have done well in the past 20 years?

7. What do Danish restaurants have to be careful of?

8. What did a public education programme warn people of?

9. What did the South Korean government encourage people to do?

10. What did South Korea's government do a lot of?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

1. How many adults were obese in 1980 in the developing world?
 - a) 250,000
 - b) 25,000,000
 - c) 250,000,000
 - d) 2,500,000,000
2. In what time period has the number of obese almost quadrupled?
 - a) 35 years
 - b) 3.5 years
 - c) three decades
 - d) 13 years
3. What does the ODI want governments to do?
 - a) change what people eat
 - b) grow more food
 - c) tax fast food
 - d) go on a diet
4. What are people spending their money on?
 - a) vitamins
 - b) fast food
 - c) microwave ovens
 - d) liposuction
5. What has lifestyle changes and advertising led to?
 - a) McDonald's
 - b) greater choice
 - c) jogging
 - d) changes in diets
6. Which two countries have done well in the past 20 years?
 - a) Brazil and China
 - b) South Korea and Denmark
 - c) USA and UK
 - d) Egypt and Morocco
7. What do Danish restaurants have to be careful of?
 - a) what fats they cook with
 - b) Swedish restaurants
 - c) too many customers
 - d) safety regulations
8. What did a public education programme warn people of?
 - a) fires from boiling fat
 - b) trans-fatty acids
 - c) the dangers of obesity
 - d) BMI
9. What did the South Korean government encourage people to do?
 - a) jog every day
 - b) boycott fast food
 - c) grow rice
 - d) eat traditional food
10. What did South Korea's government do a lot of?
 - a) public education
 - b) taxing
 - c) selling farms
 - d) fishing

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

Role A – Ban fast food

You think banning fast food is the best way to reduce obesity. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least effective of these (and why): having a nationwide daily exercise hour, cheaper healthcare or putting walking machines in malls.

Role B – Nationwide daily exercise hour

You think having a nationwide daily exercise hour is the best way to reduce obesity. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least effective of these (and why): banning fast food, cheaper healthcare or putting walking machines in malls.

Role C – Cheaper healthcare

You think cheaper healthcare is the best way to reduce obesity. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least effective of these (and why): having a nationwide daily exercise hour, banning fast food or putting walking machines in malls.

Role D – Walking machines in malls

You think putting walking machines in malls is the best way to reduce obesity. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least effective of these (and why): having a nationwide daily exercise hour, cheaper healthcare or banning fast food.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'over' and 'weight'.

| | |
|-------------|---------------|
| over | weight |
|-------------|---------------|

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

| | |
|--|---|
| <ul style="list-style-type: none">• figure• 35• more• reasons• fewer• processed | <ul style="list-style-type: none">• bad• laws• kind• warned• high• sense |
|--|---|

OVEREATING SURVEY

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

Write five GOOD questions about overeating in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

| | STUDENT 1 _____ | STUDENT 2 _____ | STUDENT 3 _____ |
|------|--------------------|--------------------|--------------------|
| Q.1. | | | |
| Q.2. | | | |
| Q.3. | | | |
| Q.4. | | | |
| Q.5. | | | |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

OVEREATING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'obesity'?
- c) Do you need to gain or lose weight?
- d) Why do people eat too much?
- e) What do you think the situation will be like 50 years from now?
- f) What can governments do to reduce obesity?
- g) Why do people eat fast food if they know it's fattening?
- h) How has your lifestyle changed in the past decade or two?
- i) Do food companies have a responsibility to make healthier food?
- j) When was the last time you ate too much?

Nearly 1 billion obese people in developing world – 5th January, 2014
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OVEREATING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) Should all countries do the same as Denmark and South Korea?
- c) Should governments ban certain kinds of fat?
- d) Why don't all governments start an education programme about obesity?
- e) Is the traditional food of your country healthy?
- f) Would you prefer the traditional food of your country or fast food?
- g) Could you eat a very healthy diet every day, with no fast food?
- h) Should governments pay people to lose weight?
- i) Should obese people pay higher charges for healthcare, air tickets, etc?
- j) What questions would you like to ask a diet expert?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

There are now almost one billion obese (1) _____ in the developing world. This figure was around 250 million in 1980. The number of very (2) _____ people has almost quadrupled in the last 35 years. A report from the Overseas Development Institute (ODI) said one in three people is overweight. The institute wants all world governments to (3) _____ more to change what people eat. The biggest reasons that people are fatter are that they have more money and they are spending it (4) _____ fast food. Fewer people are eating (5) _____, healthier food. Steve Wiggins from the ODI said: "Changes in lifestyle, the increasing availability of processed foods, and advertising have all led to (6) _____ changes."

It's not all bad news. Two countries (Denmark and South Korea) have done very well in the past few decades to (7) _____ with the obesity problem. Denmark introduced laws against trans-fatty acids. Restaurants and food producers must be very (8) _____ about the kind of fats they use to cook their food. South Korea started a public education programme 20 years ago. It warned people about the problems (9) _____ obesity. Mr Wiggins said: "A (10) _____ decades ago the government of Korea said we must encourage our traditional foods, which are low in fats and oils, high in vegetables, high in sea food and so (11) _____. There was a lot of public education, a lot of training, and a (12) _____ that Korean food is good for you."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|----------------|----------------|-----------------|
| 1. | (a) adults | (b) adult | (c) adultery | (d) adulterates |
| 2. | (a) weighty | (b) weightless | (c) overweight | (d) weighted |
| 3. | (a) cook | (b) make | (c) have | (d) do |
| 4. | (a) in | (b) on | (c) as | (d) of |
| 5. | (a) historical | (b) cultural | (c) physical | (d) traditional |
| 6. | (a) dietitian | (b) diets | (c) dietary | (d) dieted |
| 7. | (a) veal | (b) deal | (c) heal | (d) peal |
| 8. | (a) careful | (b) carefree | (c) careless | (d) caretaker |
| 9. | (a) of | (b) in | (c) at | (d) to |
| 10. | (a) couple | (b) several | (c) few | (d) numerous |
| 11. | (a) in | (b) of | (c) up | (d) on |
| 12. | (a) touch | (b) sense | (c) thought | (d) idea |

SPELLING

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

Paragraph 1

1. vreotewigh people
2. Overseas Development iItuentst
3. eating dnarliaitot, healthier food
4. Changes in syfteelli
5. edrsepsoc foods
6. eiyytrad changes

Paragraph 2

7. in the past few eedscda
8. food scordpuer
9. a public adnuoceti programme
10. the rontmgneev of Korea
11. high in leetgsbave
12. a esens that Korean food is good

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

Number these lines in the correct order.

- () reasons that people are fatter are that they have more money and they are spending it on fast
- () food. Fewer people are eating traditional, healthier food. Steve Wiggins from the ODI said: "Changes
- () food. South Korea started a public education programme 20 years ago. It warned people about the
- () encourage our traditional foods, which are low in fats and oils, high in vegetables, high in sea food and so
- () past few decades to deal with the obesity problem. Denmark introduced laws against trans-fatty
- () It's not all bad news. Two countries (Denmark and South Korea) have done very well in the
- (**1**) There are now almost one billion obese adults in the developing world. This figure was
- () . There was a lot of public education, a lot of training, and a sense that Korean food is good for you."
- () all world governments to do more to change what people eat. The biggest
- () around 250 million in 1980. The number of very overweight people has almost quadrupled in the last
- () problems of obesity. Mr Wiggins said: "A few decades ago the government of Korea said we must
- () acids. Restaurants and food producers must be very careful about the kind of fats they use to cook their
- () 35 years. A report from the Overseas Development Institute (ODI) said one in three people is overweight. The institute wants
- () in lifestyle, the increasing availability of processed foods, and advertising have all led to dietary changes."

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

1. almost one There billion are obese now adults.

2. number has of quadrupled very overweight The people.

3. change to more Do eat people what.

4. spending They money are more they it have and.

5. traditional Fewer , people healthier are food eating.

6. done in few Have well past very the decades.

7. very careful about the kind of fats they use Be.

8. the It problems warned of people obesity about.

9. we foods must encourage Korea our said traditional.

10. for A Korean good that is you sense food.

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

There are now almost one billion *obesity / obese* adults in the developing world. This *figurine / figure* was around 250 million in 1980. The number of very overweight people has almost *quadrupled / quadruple* in the last 35 years. A report from the Overseas Development Institute (ODI) said one in three people *is / be* overweight. The institute wants all *world / worldly* governments to do more to change what people *eating / eat*. The biggest reasons that people are *fattish / fatter* are that they have more money and they are spending it *on / in* fast food. Fewer people are eating traditional, healthier *food / foodie*. Steve Wiggins from the ODI said: "Changes in lifestyle, the increasing availability of processed foods, and advertising have all led to dietary *charges / changes*."

It's not all *bad / good* news. Two countries (Denmark and South Korea) have done very *good / well* in the past few decades to deal *without / with* the obesity problem. Denmark introduced laws *again / against* trans-fatty acids. Restaurants and food producers must be very *careful / careless* about the kind of fats they use to *cook / cooking* their food. South Korea started a public education programme 20 years ago. It *warned / warmed* people about the problems of obesity. Mr Wiggins said: "A few decades ago the government of Korea said we must *encourage / encouraging* our traditional foods, which are low *in / by* fats and oils, high in vegetables, high in sea food and so on. There was a lot of public education, a lot of training, and a sense that Korean food is good *with / for* you."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

Th_r_ _r_ n_w _lm_st _n_ b_ll__n_ b_s_ _d_lts _n th_ d_v_l_p_ng w_rld. Th_s f_g_r_ w_s _r__nd 250 m_ll__n _n 1980. Th_ n_mb_r_ _f v_ry _v_rw__ght p__pl_ h_s _lm_st q__dr_pl_d _n th_ l_st 35 y__rs. _r_p_rt fr_m th_ _v_rs__s D_v_l_pm_nt _nst_t_t_ (_D_) s__d _n _n thr__ p__pl_ _s_ v_rw__ght. Th_ _nst_t_t_ w_nts _ll w_rld g_v_rnm_nts t_ d_ m_r_ t_ ch_ng_ wh_t p__pl_ __t. Th_ b_gg_st r__s_ns th_t p__pl_ _r_ f_tt_r _r_ th_t th_y h_v_ m_r_ m_n_y _nd th_y _r_ sp_nd_ng _t _n f_st f__d. F_w_r p__pl_ _r_ __t_ng tr_d_t__n_l, h__lth__r f__d. St_v_ W_gg_ns fr_m th_ _D_ s__d: "Ch_ng_s _n l_fstyl_, th_ _ncr__s_ng v__l_b_l_t_y _f pr_c_ss_d f__ds, _nd _dv_rts_ng h_v_ _ll l_d t_ d__t_ry ch_ng_s."

_t's n_t _ll b_d n_ws. Tw_ c__ntr__s (D_nm_rk _nd S__th K_r__) h_v_ d_n_ v_ry w_ll _n th_ p_st f_w d_c_d_s t_ d__l w_th th_ _b_s_ty pr_bl_m. D_nm_rk _ntr_d_c_d _l_ws _g__nst trns-f_tty _c_ds. R_st_r_nts _nd f__d pr_d_c_rs m_st b_ v_ry c_r_f_l _b__t th_ k_nd _f f_ts th_y _s_ t_ c__k th__r f__d. S__th K_r__ st_rt_d _p_bl_c_d_c_t__n pr_gr_mm_ 20 y__rs _g_. _t w_rn_d p__pl_ _b__t th_ pr_bl_ms _f _b_s_ty. Mr W_gg_ns s__d: "_f_w_d_c_d_s _g_ th_ g_v_rnm_nt _f K_r__ s__d w_ m_st _nc__r_g_ __r tr_d_t__n_l f__ds, wh_ch _r_ l_w _n f_ts _nd __ls, h_g_h _n v_g_t_b_l_s, h_g_h _n s__f__d _nd s__n. Th_r_ w_s _l_t _f p_bl_c_d_c_t__n, _l_t _f tr__n_ng, _nd _s_ns_ th_t K_r__ n_f__d _s_g__d f_r_y__."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

there are now almost one billion obese adults in the developing world this figure was around 250 million in 1980 the number of very overweight people has almost quadrupled in the last 35 years a report from the overseas development institute (odi) said one in three people is overweight the institute wants all world governments to do more to change what people eat the biggest reasons that people are fatter are that they have more money and they are spending it on fast food fewer people are eating traditional healthier food steve wiggins from the odi said "changes in lifestyle the increasing availability of processed foods and advertising have all led to dietary changes"

it's not all bad news two countries (denmark and south korea) have done very well in the past few decades to deal with the obesity problem denmark introduced laws against trans-fatty acids restaurants and food producers must be very careful about the kind of fats they use to cook their food south korea started a public education programme 20 years ago it warned people about the problems of obesity mr wiggins said "a few decades ago the government of korea said we must encourage our traditional foods which are low in fats and oils high in vegetables high in sea food and so on there was a lot of public education a lot of training and a sense that korean food is good for you"

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1401/140105-developing-world.html>

There are now almost one billion obese adults in the developing world. This figure was around 250 million in 1980. The number of very overweight people has almost quadrupled in the last 35 years. A report from the Overseas Development Institute (ODI) said one in three people is overweight. The institute wants all world governments to do more to change what people eat. The biggest reason that people are fatter is that they have more money and they are spending it on fast food. Fewer people are eating traditional, healthier food. Steve Wiggins from the ODI said: "Changes in lifestyle, the increasing availability of processed foods, and advertising have all led to dietary changes. "It's not all bad news. Two countries (Denmark and South Korea) have done very well in the past few decades to deal with the obesity problem. Denmark introduced laws against trans-fatty acids. Restaurants and food producers must be very careful about the kind of fat they use to cook their food. South Korea started a public education programme 20 years ago. It warned people about the problems of obesity. Mr Wiggins said: "A few decades ago the government of Korea said we must encourage our traditional foods, which are low in fats and oils, high in vegetables, high in sea food and so on. There was a lot of public education, a lot of training, and a sense that Korean food is good for you."

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about overeating. Share what you discover with your partner(s) in the next lesson.

3. OVEREATING: Make a poster about obesity. Show your work to your classmates in the next lesson. Did you all have similar things?

4. OBESITY: Write a magazine article about obesity. Include imaginary interviews with people who are obese now and people who were obese before.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an obesity expert. Ask him/her three questions about overeating. Give him/her three ideas on how to eat healthily. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b F c T d T e F f T g F h T

SYNONYM MATCH (p.4)

- | | |
|---------------|-----------------|
| 1. figure | a. number |
| 2. institute | b. organization |
| 3. reasons | c. causes |
| 4. fewer | d. not many |
| 5. increasing | e. growing |
| 6. bad | f. unpleasant |
| 7. deal | g. cope |
| 8. warned | h. cautioned |
| 9. encourage | i. recommend |
| 10. sense | j. awareness |

COMPREHENSION QUESTIONS (p.8)

1. 250,000,000
2. 35 years
3. Change what people eat
4. Fast food
5. Dietary changes
6. Denmark and South Korea
7. To use the right fats
8. The problems of obesity
9. Eat traditional food
10. Public education and training

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. a 4. b 5. d 6. b 7. a 8. c 9. d 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)