

Half of world population will be overweight by 2035

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Citizens of the world have been given a gloomy and worrying health warning – half of us will be classed as obese or overweight by 2035. The World Obesity Federation (WOF) has warned that in just over a decade, more than four billion people

will be too heavy for their own well-being. There are currently over a billion obese people in the world. The fastest rising rates are among children and adolescents. The WHO defines obesity as "abnormal or excessive fat accumulation that presents a risk to health". A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. In June 2013, the American Medical Association classified obesity as a disease. Many health organizations have described it as a pandemic.

The WOF warned immediate action must be taken to avoid "serious repercussions" in the future. It said the rise was "particularly worrying". It added that, "governments and policymakers around the world need to do all they can to avoid passing health, social, and economic costs on to the younger generation". The federation called for the root causes to be addressed. These include an increased consumption of highly processed foods, greater levels of sedentary behaviour, and a lack of healthcare services to assist in weight management. The WOF recommended restricting the marketing of food that has high fat, salt or sugar content, and providing healthy food in schools.

Sources: bbc.com / theguardian.com / thehill.com

Writing

Junk food and processed food should be banned. Discuss.

Chat

Talk about these words from the article.

citizens / health warning / gloomy / obesity / well-being / adolescents / fat / disease / repercussions / in the future / governments / the younger generation / weight / food

True / False

- 1) Citizens of the world have issued a gloomy health warning. T / F
- 2) More than 4 billion people will be overweight or obese by 2035. T / F
- 3) There are just fewer than a billion obese people in the world today. T / F
- 4) Anyone with a BMI of more than 25 is obese. T / F
- 5) The WOF said serious repercussions will lead to immediate actions. T / F
- 6) The WOF said health costs should not be passed to future generations. T / F
- 7) The WOF wants the causes of the roots to be dug up. T / F
- 8) The WOF recommended providing healthier meals in schools. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-------------------------|------------------|
| 1. gloomy | a. teenagers |
| 2. classed | b. thought to be |
| 3. warned | c. inactive |
| 4. adolescents | d. termed |
| 5. considered | e. tackled |
| 6. repercussions | f. depressing |
| 7. worrying | g. limiting |
| 8. addressed | h. concerning |
| 9. sedentary | i. consequences |
| 10. restricting | j. cautioned |

Discussion – Student A

- a) What do you think about what you read?
- b) What immediate action should be taken?
- c) What does your government do about obesity?
- d) Should processed foods be banned?
- e) Should junk food be banned?
- f) How can we get people to exercise more?
- g) How can we get people to eat healthier food?
- h) What questions would you like to ask the WOF?

Phrase Match

- | | |
|---|--------------------------|
| 1. half of us will be | a. are among children |
| 2. The fastest rising rates | b. content |
| 3. abnormal or excessive fat | c. as a pandemic |
| 4. A body mass index (BMI) over 25 is | d. must be taken |
| 5. health organizations have described it | e. generation |
| 6. immediate action | f. accumulation |
| 7. avoid serious | g. classed as obese |
| 8. on to the younger | h. behaviour |
| 9. greater levels of sedentary | i. considered overweight |
| 10. food that has high fat, salt or sugar | j. repercussions |

Discussion – Student B

- Why is obesity on the increase around the world?
- Do you worry about your weight?
- What health problems does obesity cause?
- What costs does obesity add to society?
- How will the world be different if most people are obese?
- Why are more and more children becoming obese?
- What do you know about the BMI?
- Do you agree that obesity is a pandemic?

Spelling

- a gyolmo and worrying health warning
- among children and ctsdaelnsoe
- abnormal or veicesexs
- fat tuamcliocuna
- ascilfisde obesity as a disease
- organizations have described it as a mincdaep
- avoid serious pirueocnesrss
- the rise was prycitalrlua worrying
- governments and cpkyiramsole
- the younger toegrennia
- greater levels of tsdnyaere behaviour
- stetinrircg the marketing of food

Answers – Synonym Match

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

Role Play

Role A – Fries

You think fries is the unhealthiest food. Tell the others three reasons why. Tell them why their food isn't as unhealthy. Also, tell the others which is the least unhealthy of these (and why): cheesecake, pizza or steak.

Role B – Cheesecake

You think cheesecake is the unhealthiest food. Tell the others three reasons why. Tell them why their food isn't as unhealthy. Also, tell the others which is the least unhealthy of these (and why): fries, pizza or steak.

Role C – Pizza

You think pizza is the unhealthiest food. Tell the others three reasons why. Tell them why their food isn't as unhealthy. Also, tell the others which is the least unhealthy of these (and why): cheesecake, fries or steak.

Role D – Steak

You think steak is the unhealthiest food. Tell the others three reasons why. Tell them why their food isn't as unhealthy. Also, tell the others which is the least unhealthy of these (and why): cheesecake, pizza or fries.

Speaking – Food

Rank these with your partner. Put the worst at the top. Change partners often and share your rankings.

- | | |
|--------------|----------------|
| • Fries | • Kebabs |
| • Chocolate | • Burgers |
| • Cheesecake | • Potato chips |
| • Pizza | • Steak |

Answers – True False

1	F	2	T	3	F	4	F	5	F	6	T	7	F	8	T
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Answers to Phrase Match and Spelling are in the text.