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**Level 5 – 13th March 2023**

## **Half of world population will be overweight by 2035**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2303/230313-world-obesity-5.html>

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**Please try Levels 4 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2303/230313-world-obesity-5.html>

The World Obesity Federation (WOF) has issued a gloomy health warning. It said half of us will be obese or overweight by 2035. In just over a decade, more than four billion people will have weight issues. There are over a billion obese people in the world today. Rates are rising fastest 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 30 is obese. The American Medical Association classed obesity as a disease. Many health organizations say it is a pandemic.

The WOF said immediate action must be taken to avoid "serious repercussions" in the future. It said the rise was "particularly worrying". It urged governments to do all they could to avoid passing health, social, and economic costs on to younger generations. The federation wants the root causes to be addressed. These include an increased consumption of processed foods, falling levels of exercise, and a lack of weight-management healthcare services. The WOF wants less marketing of food that has high fat and sugar content, and providing healthy food in schools.

Sources: <https://www.bbc.com/news/world-64831848>  
<https://www.theguardian.com/society/2023/mar/02/more-than-half-of-humans-on-track-to-be-overweight-or-obese-by-2035-report>  
<https://thehill.com/policy/healthcare/3881302-more-than-half-the-global-population-will-be-overweight-or-obese-by-2035-report/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2303/230313-world-obesity-5.html>

## PARAGRAPH ONE:

- |                              |                     |
|------------------------------|---------------------|
| 1. issued a gloomy           | a. to health        |
| 2. In just over              | b. as a disease     |
| 3. Rates are rising fastest  | c. a decade         |
| 4. abnormal or excessive fat | d. it is a pandemic |
| 5. a risk                    | e. among children   |
| 6. body mass                 | f. health warning   |
| 7. classed obesity           | g. accumulation     |
| 8. health organizations say  | h. index            |

## PARAGRAPH TWO:

- |                                      |                      |
|--------------------------------------|----------------------|
| 1. immediate                         | a. and sugar content |
| 2. taken to avoid serious            | b. causes            |
| 3. It said the rise was particularly | c. food in schools   |
| 4. the root                          | d. action            |
| 5. an increased consumption of       | e. of exercise       |
| 6. falling levels                    | f. repercussions     |
| 7. food that has high fat            | g. worrying          |
| 8. providing healthy                 | h. processed foods   |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2303/230313-world-obesity-5.html>

The World Obesity Federation (WOF) has (1) \_\_\_\_\_ health warning. It said (2) \_\_\_\_\_ will be obese or overweight by 2035. In just over a decade, more than four billion people will (3) \_\_\_\_\_. There are over a billion obese people in the world today. Rates are rising fastest among children and adolescents. The WHO (4) \_\_\_\_\_ "abnormal or excessive fat accumulation that (5) \_\_\_\_\_ to health". A body mass index (BMI) over 30 is obese. The American Medical Association classed obesity (6) \_\_\_\_\_. Many health organizations say it is a pandemic.

The WOF (7) \_\_\_\_\_ must be taken to avoid "serious repercussions" in the future. It said the rise (8) \_\_\_\_\_. It urged governments to do all they could to avoid passing health, social, and economic costs on (9) \_\_\_\_\_. The federation wants the root causes to be addressed. These include an increased consumption (10) \_\_\_\_\_, falling levels of exercise, and a lack of weight-management healthcare services. The WOF (11) \_\_\_\_\_ of food that has high fat and sugar content, and (12) \_\_\_\_\_ in schools.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2303/230313-world-obesity-5.html>

TheWorldObesityFederation(WOF)hasissuedagloomyhealthwarnin  
g.Itsaidhalfofuswillbeobeseoroverweightby2035.Injustoveradecad  
e,morethanfourbillionpeoplewillhaveweightissues.Thereareoverabi  
llionobesepeopleintheworldtoday.Ratesarerisingfastestamongchild  
renandadolescents.TheWHOdefinesobesityas"abnormalorexcessiv  
efataaccumulationthatpresentsarisktohealth".Abodymassindex(BMI  
)over30isobese.TheAmericanMedicalAssociationclassifiedobesityasa  
disease.Manyhealthorganizationssayitisapandemic.TheWOFsaidim  
mediateactionmustbetakentoavoid"seriousrepercussions"inthefutu  
re.Itsaidtherisewas"particularlyworrying".Iturgedgovernmentstod  
oalltheycouldtoavoidpassinghealth,social,andeconomiccostsontoyo  
ungergenerations.Thefederationwantstherootcausetoaddress  
ed.Theseincludeanincreasedconsumptionofprocessedfoods,fallingle  
velsofexercise,andalackofweight-managementhealthcareservice  
s.TheWOFwantslessmarketingoffoodthathashighfat,andsugarconte  
nt,andprovidinghealthyfoodinschools.

# OBESITY SURVEY

From <https://breakingnewsenglish.com/2303/230313-world-obesity-4.html>

Write five GOOD questions about obesity 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.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_

