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**Level 6 – 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.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

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

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: <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/>

# WARM-UPS

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

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

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

**3. FAST FOOD:** Students A **strongly** believe fast food should be banned; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

**4. REDUCING OBESITY:** What can people do regarding the things below to avoid obesity? Complete this table with your partner(s). Change partners often and share what you wrote.

	What People Can Do	How Effective?
Food		
Drink		
Computers		
Work		
Transport		
Daily life		

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

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

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

# VOCABULARY MATCHING

## Paragraph 1

- |                 |   |
|-----------------|---|
| 1. gloomy       | a. The gradual gathering or adding of something.                                    |
| 2. classed      | b. Causing or feeling depression or sadness.  |
| 3. obese        | c. Changing from what is usual, typically in a way that is undesirable or worrying. |
| 4. adolescent   | d. Put into a category.   |
| 5. abnormal     | e. Of a young person in the process of developing from a child into an adult.       |
| 6. excessive    | f. Very fat or overweight.  |
| 7. accumulation | g. More than is necessary, normal, or desirable.                                    |

## Paragraph 2

- |                  |   |
|------------------|---|
| 8. repercussions | h. Unintended consequences of an event or action, especially unwelcome ones.            |
| 9. generation    | i. Putting a limit on; keeping under control.   |
| 10. federation   | j. All of the people born and living at about the same time, regarded collectively.     |
| 11. addressed    | k. Of a person tending to spend much time seated; somewhat inactive.                    |
| 12. consumption  | l. An organization or group within which smaller divisions have some degree of control. |
| 13. sedentary    | m. Thought about and began to deal with an issue or problem.                            |
| 14. restricting  | n. The action of eating or drinking something.  |

# BEFORE READING / LISTENING

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

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

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**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

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

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

- |   |                          |
|---|--------------------------|
| 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         |

# GAP FILL

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

Citizens of the world have been given a (1) \_\_\_\_\_ 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 (2) \_\_\_\_\_, more than four billion people will be too heavy for their own well-being. There are (3) \_\_\_\_\_ over a billion obese people in the world. The fastest rising rates are among children and (4) \_\_\_\_\_. The WHO defines obesity as "abnormal or (5) \_\_\_\_\_ fat accumulation that presents a risk to health". A body mass index (BMI) over 25 is (6) \_\_\_\_\_ overweight, and over 30 is obese. In June 2013, the American Medical Association (7) \_\_\_\_\_ obesity as a disease. Many health organizations have described it as a (8) \_\_\_\_\_.

*currently*  
*considered*  
*adolescents*  
*pandemic*  
*gloomy*  
*classified*  
*decade*  
*excessive*

The WOF warned (9) \_\_\_\_\_ action must be taken to avoid "serious (10) \_\_\_\_\_" 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 (11) \_\_\_\_\_ passing health, social, and economic costs on to the younger generation". The federation called for the (12) \_\_\_\_\_ causes to be addressed. These include an increased (13) \_\_\_\_\_ of highly processed foods, greater levels of (14) \_\_\_\_\_ behaviour, and a lack of healthcare services to assist in weight management. The WOF recommended (15) \_\_\_\_\_ the marketing of food that has high fat, salt or sugar (16) \_\_\_\_\_, and providing healthy food in schools.

*content*  
*root*  
*sedentary*  
*repercussions*  
*restricting*  
*avoid*  
*immediate*  
*consumption*

# LISTENING – Guess the answers. Listen to check.

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

- 1) Citizens of the world have been given a gloomy and \_\_\_\_\_
  - a. worrying healthy warning
  - b. worrying health warming
  - c. worry in health warning
  - d. worrying health warning
- 2) more than four billion people will be too heavy for their \_\_\_\_\_
  - a. own well-been
  - b. own good-being
  - c. own well-being
  - d. own well-bean
- 3) The fastest rising rates are among \_\_\_\_\_
  - a. children and adolescents
  - b. children and adolescence
  - c. children and idol scents
  - d. children and a doll sense
- 4) A body mass index (BMI) over 25 is considered overweight, and over \_\_\_\_\_
  - a. 30 is obesely
  - b. 30 is obesity
  - c. 30 is obese
  - d. 30 is obtuse
- 5) classified obesity as a disease. Many health organizations have described it \_\_\_\_\_
  - a. as a endemic
  - b. as a pandemic
  - c. as an pandemic
  - d. as an epidermis
- 6) The WOF warned immediate action must be taken to \_\_\_\_\_
  - a. avoid seriously repercussions
  - b. avoid serious repercussions
  - c. avoid serious repercussion
  - d. avoid series repercussions
- 7) passing health, social, and economic costs on to \_\_\_\_\_
  - a. the younger generation
  - b. their younger generation
  - c. there younger generation
  - d. them younger generation
- 8) an increased consumption of highly processed foods, greater levels \_\_\_\_\_
  - a. of pedantry behaviour
  - b. of sedan tree behaviour
  - c. of sediment behaviour
  - d. of sedentary behaviour
- 9) and a lack of healthcare services to assist \_\_\_\_\_
  - a. on weight management
  - b. in weight management
  - c. in weighty management
  - d. in weights management
- 10) recommended restricting the marketing of food that has high fat, salt \_\_\_\_\_
  - a. of sugar content
  - b. ore sugar content
  - c. or sugar content
  - d. awe sugar content

# LISTENING – Listen and fill in the gaps

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

Citizens of the world have been (1) \_\_\_\_\_ and worrying health warning – half of us will (2) \_\_\_\_\_ obese or overweight by 2035. The World Obesity Federation (WOF) has warned that in just (3) \_\_\_\_\_, 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 (4) \_\_\_\_\_ are among children and adolescents. The WHO defines obesity as "(5) \_\_\_\_\_ 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 (6) \_\_\_\_\_ a disease. Many health organizations have described it as a pandemic.

The WOF warned immediate action must be taken to avoid (1) \_\_\_\_\_ the future. It said the rise was "particularly worrying". It added that, "governments and policymakers around the world need to do all they can (2) \_\_\_\_\_ health, social, and economic costs on to the younger generation". The federation called for the (3) \_\_\_\_\_ be addressed. These include an increased consumption of highly processed foods, greater levels (4) \_\_\_\_\_, and a lack of healthcare services to (5) \_\_\_\_\_ management. The WOF recommended restricting the marketing of food that has high fat, salt (6) \_\_\_\_\_, and providing healthy food in schools.



# COMPREHENSION QUESTIONS

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

1. How many people will be obese by 2035?
2. How many obese people are there in the world today?
3. What number on the BMI indicates being overweight?
4. What did the American Medication Association classify obesity as?
5. What have many organizations described levels of obesity as being?
6. What might there be in the future if we don't act now?
7. Who needs to act besides governments?
8. What did the WOF say needed to be addressed?
9. What kind of behaviour are there greater levels of?
10. What do schools need to provide?

# MULTIPLE CHOICE - QUIZ

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

- 1) How many people will be obese by 2035?
  - a) around 4 billion
  - b) more than 4 billion
  - c) just fewer than 4 billion
  - d) exactly 4 billion
- 2) How many obese people are there in the world today?
  - a) around a billion
  - b) just fewer than a billion
  - c) exactly a billion
  - d) over a billion
- 3) What number on the BMI indicates being overweight?
  - a) 25
  - b) 30
  - c) 35
  - d) 20
- 4) What did the American Medication Association classify obesity as?
  - a) a catastrophe
  - b) a challenge
  - c) a disease
  - d) an epidemic
- 5) What have many organizations described levels of obesity as being?
  - a) a catastrophe
  - b) a pandemic
  - c) a disease
  - d) tough on kids
- 6) What might there be in the future if we don't act now?
  - a) serious repercussions
  - b) a population collapse
  - c) healthcare collapses
  - d) fewer seats on airplanes
- 7) Who needs to act besides governments?
  - a) schools
  - b) overweight people
  - c) policymakers
  - d) doctors
- 8) What did the WOF say needed to be addressed?
  - a) the root causes
  - b) junk food
  - c) food marketing
  - d) exercise regimes
- 9) What kind of behaviour are there greater levels of?
  - a) sedentary behaviour
  - b) greedy behaviour
  - c) caring behaviour
  - d) unpredictable behaviour
- 10) What do schools need to provide?
  - a) advice on eating well
  - b) gyms
  - c) more activities
  - d) healthy food

# ROLE PLAY

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

## **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.

# AFTER READING / LISTENING

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

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

<b>obese</b>	<b>health</b>
--------------	---------------

- 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"><li>• gloomy</li><li>• just</li><li>• currently</li><li>• fastest</li><li>• 30</li><li>• described</li></ul>	<ul style="list-style-type: none"><li>• serious</li><li>• passing</li><li>• root</li><li>• highly</li><li>• lack</li><li>• content</li></ul>
--	--

# OBESITY SURVEY

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

# **OBESITY DISCUSSION**

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'obese'?
3. Why is obesity on the increase around the world?
4. Do you worry about your weight?
5. What health problems does obesity cause?
6. What costs does obesity add to society?
7. How will the world be different if most people are obese?
8. Why are more and more children becoming obese?
9. What do you know about the BMI?
10. Do you agree that obesity is a pandemic?

*Half of world population will be overweight by 2035 – 13th March 2023*  
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# **OBESITY DISCUSSION**

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'overweight'?
13. What do you think about what you read?
14. What immediate action should be taken?
15. What does your government do about obesity?
16. Should processed foods be banned?
17. Should junk food be banned?
18. How can we get people to exercise more?
19. How can we get people to eat healthier food?
20. What questions would you like to ask the WOF?

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

Citizens of the world have been given a (1) \_\_\_\_\_ and worrying health warning – half of us will be classed (2) \_\_\_\_\_ 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 (3) \_\_\_\_\_ heavy for their own well-being. There are currently over a billion obese people in the world. The fastest rising (4) \_\_\_\_\_ are among children and adolescents. The WHO defines obesity as "abnormal or (5) \_\_\_\_\_ 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 (6) \_\_\_\_\_ it as a pandemic.

The WOF warned (7) \_\_\_\_\_ 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 (8) \_\_\_\_\_ health, social, and economic costs (9) \_\_\_\_\_ to the younger generation". The federation called for the root causes to be addressed. These include an increased consumption of (10) \_\_\_\_\_ processed foods, greater levels of sedentary behaviour, and a lack of healthcare services to assist (11) \_\_\_\_\_ weight management. The WOF recommended restricting the marketing of food that has high fat, salt or sugar (12) \_\_\_\_\_, and providing healthy food in schools.

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

- |     |               |                 |               |                |
|-----|---------------|-----------------|---------------|----------------|
| 1.  | (a) gleaming  | (b) gloomy      | (c) glamorous | (d) grimy      |
| 2.  | (a) was       | (b) as          | (c) has       | (d) is         |
| 3.  | (a) far       | (b) much        | (c) many      | (d) too        |
| 4.  | (a) ratan     | (b) rates       | (c) raters    | (d) ratios     |
| 5.  | (a) inclusive | (b) excessive   | (c) obsessive | (d) reclusive  |
| 6.  | (a) scribbled | (b) scribed     | (c) described | (d) depictive  |
| 7.  | (a) immediacy | (b) immediately | (c) immediate | (d) meditative |
| 8.  | (a) passage   | (b) passed      | (c) passing   | (d) passes     |
| 9.  | (a) added     | (b) for         | (c) as        | (d) on         |
| 10. | (a) highly    | (b) high        | (c) heighten  | (d) higher     |
| 11. | (a) in        | (b) on          | (c) at        | (d) of         |
| 12. | (a) happiness | (b) index       | (c) content   | (d) material   |



# SPELLING

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

## Paragraph 1

1. a gyolmo and worrying health warning
2. among children and ctsdaelnsoe
3. abnormal or veicesexs
4. fat tuamcliocuna
5. ascilfisde obesity as a disease
6. organizations have described it as a mincdaep

## Paragraph 2

7. avoid serious pirueocnesrss
8. the rise was prycitalrlua worrying
9. governments and cpkyiramsole
10. the younger toegrennia
11. greater levels of tsdnyaere behaviour
12. stetnrircg the marketing of food

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) billion obese people in the world. The fastest rising rates are among children and
- ( ) the world need to do all they can to avoid passing health, social, and economic costs on to the younger
- ( ) the future. It said the rise was "particularly worrying". It added that, "governments and policymakers around
- ( ) The WOF warned immediate action must be taken to avoid "serious repercussions" in
- ( ) adolescents. The WHO defines obesity as "abnormal or excessive fat accumulation that presents a risk to
- ( ) a decade, more than four billion people will be too heavy for their own well-being. There are currently over a
- ( ) generation". The federation called for the root causes to be addressed. These include an increased
- ( **1** ) Citizens of the world have been given a gloomy and worrying health warning – half of us will be classed
- ( ) health". A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. In June 2013, the
- ( ) consumption of highly processed foods, greater levels of sedentary behaviour, and a lack of healthcare services to assist
- ( ) American Medical Association classified obesity as a disease. Many health organizations have described it as a pandemic.
- ( ) as obese or overweight by 2035. The World Obesity Federation (WOF) has warned that in just over
- ( ) fat, salt or sugar content, and providing healthy food in schools.
- ( ) in weight management. The WOF recommended restricting the marketing of food that has high

# PUT THE WORDS IN THE RIGHT ORDER

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

1. us classed will be of Half obese . as
2. among fastest The adolescents . are rates rising
3. accumulation . defines The as excessive obesity fat WHO
4. 25 mass overweight . index body is A over
5. a have described Health pandemic . as organizations it
6. serious to Action must avoid be taken repercussions .
7. to do they all need can . Policymakers
8. for causes to root It addressed . called be
9. include of consumption foods . an increased processed These
10. WOF marketing food . recommended restricting of The the

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

Citizens of the world have been given a *gleaming / gloomy* and worrying health warning – half of us will be *classed / closed* 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 / far* heavy for their own well-being. There are *concurrently / currently* over a billion obese people in the world. The fastest rising *ratio / rates* are among children and *adolescents / adolescence*. The WHO defines obesity as "abnormal or excessive fat accumulation that *presents / gifts* a risk to health". A body mass index (BMI) over 25 is *considerable / considered* overweight, and over 30 is obese. In June 2013, the American Medical Association classified obesity *was / as* a disease. Many health organizations have described it as a *pandemic / epidemic*.

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

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

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

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

C\_t\_z\_ns \_f th\_ w\_rld h\_v\_ b\_\_n g\_v\_n \_ gl\_\_my \_nd  
w\_rry\_ng h\_\_lth w\_rn\_ng - h\_lf \_f \_s w\_ll b\_ cl\_ss\_d  
\_s \_b\_s\_ \_r \_v\_rw\_\_ght by 2035. Th\_ W\_rld \_b\_s\_ty  
F\_d\_r\_t\_\_n (W\_F) h\_s w\_rn\_d th\_t \_n j\_st \_v\_r \_  
d\_c\_d\_, m\_r\_ th\_n f\_\_r b\_ll\_\_n p\_\_pl\_ w\_ll b\_ t\_\_  
h\_\_vy f\_r th\_\_r \_wn w\_ll-b\_\_ng. Th\_r\_ \_r\_ c\_rr\_ntly  
\_v\_r \_ b\_ll\_\_n \_b\_s\_ p\_\_pl\_ \_n th\_ w\_rld. Th\_ f\_st\_st  
r\_s\_ng r\_t\_s \_r\_ \_m\_ng ch\_ldr\_n \_nd \_d\_l\_sc\_nts. Th\_  
WH\_ d\_f\_n\_s \_b\_s\_ty \_s "\_bn\_rm\_l \_r \_xc\_ss\_v\_ f\_t  
\_cc\_m\_l\_t\_\_n th\_t pr\_s\_nts \_ r\_sk t\_ h\_\_lth". \_ b\_dy  
m\_ss \_nd\_x (BM\_) \_v\_r 25 \_s c\_ns\_d\_r\_d \_v\_rw\_\_ght,  
\_nd \_v\_r 30 \_s \_b\_s\_. \_n J\_n\_ 2013, th\_ \_m\_r\_c\_n  
M\_d\_c\_l \_ss\_c\_\_t\_\_n cl\_ss\_f\_\_d \_b\_s\_ty \_s \_ d\_s\_\_s\_.  
M\_ny h\_\_lth \_rg\_n\_z\_t\_\_ns h\_v\_ d\_scr\_b\_d \_t \_s \_  
p\_nd\_m\_c.

Th\_ W\_F w\_rn\_d \_mm\_d\_\_t\_ \_ct\_\_n m\_st b\_ t\_k\_n t\_  
\_v\_\_d "s\_r\_\_s r\_p\_rc\_ss\_\_ns" \_n th\_ f\_t\_r\_. \_t s\_\_d  
th\_ r\_s\_ w\_s "p\_rt\_c\_l\_rly w\_rry\_ng". \_t \_dd\_d th\_t,  
"g\_v\_rnm\_nts \_nd p\_l\_cym\_k\_rs \_r\_\_nd th\_ w\_rld n\_\_d  
t\_ d\_ \_ll th\_y c\_n t\_ \_v\_\_d p\_ss\_ng h\_\_lth, s\_c\_\_l,  
\_nd \_c\_n\_m\_c c\_sts \_n t\_ th\_ y\_\_ng\_r g\_n\_r\_t\_\_n".  
Th\_ f\_d\_r\_t\_\_n c\_ll\_d f\_r th\_ r\_\_t c\_\_s\_s t\_ b\_  
\_ddr\_ss\_d. Th\_s\_ \_ncl\_d\_ \_n \_ncr\_\_s\_d c\_ns\_mpt\_\_n \_f  
h\_ghly pr\_c\_ss\_d f\_\_ds, gr\_\_t\_r l\_v\_ls \_f s\_d\_nt\_ry  
b\_h\_v\_\_r, \_nd \_l\_ck \_f h\_\_lthc\_r\_ s\_rv\_c\_s t\_ \_ss\_st  
\_n w\_\_ght m\_n\_g\_m\_nt. Th\_ W\_F r\_c\_mm\_nd\_d  
r\_str\_ct\_ng th\_ m\_rk\_t\_ng \_f f\_\_d th\_t h\_s h\_gh f\_t,  
s\_lt \_r s\_g\_r c\_nt\_nt, \_nd pr\_v\_d\_ng h\_\_lthy f\_\_d \_n  
sch\_\_ls.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

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 wellbeing 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

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

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 onto 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 health care 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.







# 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 this news story. Share what you discover with your partner(s) in the next lesson.

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

**4. NO JUNK FOOD:** Write a magazine article about banning junk food. Include imaginary interviews with people who are for and against this.

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 expert on obesity. Ask him/her three questions about it. Give him/her three of your ideas on how to reduce it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. b    2. d    3. f    4. e    5. c    6. g    7. a  
8. h    9. j    10. l    11. m    12. n    13. k    14. i

## TRUE / FALSE (p.5)

- 1 F    2 T    3 F    4 F    5 F    6 T    7 F    8 T

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. More than 4 billion
2. Over a billion
3. 25
4. A disease
5. A pandemic
6. Serious repercussions
7. Policymakers
8. The root causes
9. Sedentary behaviour
10. Healthy food

## WORDS IN THE RIGHT ORDER (p.19)

1. Half of us will be classed as obese.
2. The fastest rising rates are among adolescents.
3. The WHO defines obesity as excessive fat accumulation.
4. A body mass index over 25 is overweight.
5. Health organizations have described it as a pandemic.
6. Action must be taken to avoid serious repercussions.
7. Policymakers need to do all they can.
8. It called for root causes to be addressed.
9. These include an increased consumption of processed foods.
10. The WOF recommended restricting the marketing of food.

## MULTIPLE CHOICE - QUIZ (p.10)

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

## ALL OTHER EXERCISES

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