

## Unit 8 OBESITY

### TASK 1 SPEAKING

#### A) What causes obesity and overweight? Explain the role of these factors:

increasing urbanization, marketing, education, nature of many forms of work, new modes of transportation, food processing, poverty...

#### B) Do you agree with the following statements? Why? Why not?

- 1. Fat is necessary and performs many functions in the body. Thinking of it as 'evil' is a misconception.*
- 2. Obese children are often depressed.*
- 3. We should let children eat what they like.*
- 4. It's not necessary to change our lifestyle to lose weight because new drugs are being developed that may give greater weight loss with fewer side effects.*

### TASK 2 READING Complete the gaps

**Overweight and obesity** are defined as abnormal or excessive fat accumulation that may impair \_\_\_\_\_. Fat functions as an energy reservoir. It is laid down when food is plentiful and then converted back to energy when needed. Normal levels of fat are not a problem for the body. In fact, they're necessary for it to function smoothly. On a basic level, people become obese when their calorie \_\_\_\_\_ is higher than their calorie expenditure. However, a host of factors complicate this picture. An individual's genetics, metabolism, culture and \_\_\_\_\_ all have a role to play.

#### Body mass index

Body mass index (BMI) is a simple index that is commonly used in classifying overweight and obesity in adult populations and individuals. It is defined as the \_\_\_\_\_ divided by the square of the \_\_\_\_\_.

BMI provides the most useful population-level measure of overweight and obesity as it is the same for both \_\_\_\_\_ and for all ages of adults. However, it should be considered as a \_\_\_\_\_ guide because it may not correspond to the same degree of fatness in different individuals. BMI overestimates body fat in persons who are very \_\_\_\_\_, and it can underestimate body fat in persons who have lost body mass (e.g. many elderly).

## Waist circumference

Excess weight, as measured by BMI, is not the only risk to your health. So is the \_\_\_\_\_ of fat on your body. If you carry fat mainly around your \_\_\_\_\_, you are more likely to develop health problems than if you carry fat mainly in your \_\_\_\_\_ and \_\_\_\_\_. This is true even if your BMI falls within the normal range. Women with a waist measurement of more than 89 cm or men with a waist measurement of more than 102 cm may have a higher disease \_\_\_\_\_ than people with smaller waist measurements because of where their fat lies.

### TASK 3 READING

#### HEALTHY AT EVERY SIZE – NEW HOPE FOR OBESE PEOPLE?

The “Every Size” strategy, a health-centered rather than weight-centered program, may help chronic dieters reshape their thinking, shed unhealthy habits, adopt new patterns of eating, become more physically active and increase their self-esteem.

“Chronic dieters are those who either have failed at a sequence of diets, or, after successfully losing weight, gain back the pounds and start the dieting cycle all over again,” explains physiologist Marta D. Van Loan. “For obese folks who can’t find a healthful weight-loss regimen that gives them lasting results, this alternative to conventional dieting may offer greater and more sustainable improvements to several key indicators of their health.”

Every Size clients learn how to build their self-esteem; recognize and follow the body’s natural, internal cues to hunger and satiety (a feeling of fullness); make healthy choices at mealtimes and in between; and enjoy some form of physical activity—an approach that’s different from exercising mainly to lose weight.

**Question:** Do you think this strategy will have better results than traditional weight-loss programmes?

### TASK 4 Grammar – Conditional I

**a) Study the sentences below, then formulate the rules for conditional I:**

1. People will be healthier if they have more exercise.
2. She will be very happy if she gets the job.
3. I’ll join you on the hike if I’m in a good shape.

**b) Do you understand the meaning of *unless*?**

e.g. He won’t be happy in the city unless he makes some friends.

**c) Complete the gaps:**

You will lose weight if you .....

She will improve her performance if she .....

You won’t achieve your fitness goals unless .....

### TASK 5 LISTENING

Watch one of the videos and prepare to comment on it:

Sandra Aamodt – Why dieting doesn’t usually work (<https://www.youtube.com/watch?v=jn0Ygp7pMbA>)

Alisa Anokhina – Why we must stop ignoring the psychology of weight loss  
(<https://www.youtube.com/watch?v=NWfqBy4sSD8>)