

Unit 7 OBESITY

Task 1 a) Imagine you are a host of a radio programme preparing a podcast on obesity. What questions are you going to build it around?

E.g.*Where does overweight stop and obesity begin*.....?
.....*Is there an epidemic of obesity in the Czech Republic*.....?
.....*Do I have to worry about obesity if my parents are normal weight..?*
.....*What is the main cause of obesity*....?
.....*How can it be prevented*.....?

b) Now transform questions 2 and 3 from a) above and your own questions into indirect questions as you can see in the example below.

E.g. I wonder where overweight **stops** and obesity **begins**.

I would like to ask whether/ if there is an epidemic of obesity in the Czech Republic.

I'd like to know whether I have to worry about obesity if my parents are normal weight.

Do you know what the main cause of obesity is?

Can you advise us how it can be prevented?

c) Speaking. Try to get answers to your questions from other students.

d) Use the following expressions in sentences in the context of obesity:

heredity – energy balance – lifestyle – android/ gynoid obesity

Heredity is one of the factors which play an important role.

People who are trying to lose weight should watch their energy intake and output to have these in balance.

Active lifestyle includes a lot of not only mental but also physical activity.

Android and gynoid types of obesity differ in where the fat accumulates in human body.

Task 2 Reading

Obesity epidemic

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The world needs to tackle the growing epidemic of obesity with the same sense of global urgency as climate change. The head of the international obesity taskforce, Professor Philip James, said that we needed greater political leadership at the international level.

The scale of the obesity epidemic is such that the world needs a global pact on the best ways to tackle it. At present, according to Professor Philip James, an expert on nutrition, obese children outnumber the malnourished by two to one. This worldwide weight gain is sparking a marked rise in some diseases - the number of people with type two diabetes is expected to double to 366 million by 2030.

According to Professor James, there is no point in blaming individuals for being overweight - we need real political leadership to change the environment that is rapidly making the world fat. The fat content of food needs to be labelled clearly, advertisers must be prevented from targeting children and governments must encourage people to get out of their cars.

Professor James also said that new data from Scandinavia indicates that the weight of a child at the age of 7 to 12 predicts whether or not they are going to die early from heart disease or other problems.

After you read:

a) Are the following sentences true or false?

1. There needs to be a worldwide answer to the current problems of fatness. **T/F**
2. There are more children in the world who don't have enough to eat than there are those who eat too much. **T/F**
3. There has been a sharp increase recently in the number of people affected by illnesses associated with being overweight. **T/F**
4. Professor James says it's important that people take responsibility themselves if they are fat. **T/F**
5. Professor James says governments should encourage people to exercise more. **T/F**
6. Professor James said that Scandinavian research shows that you can tell from children's weight if they will have heart problems when they are older. **T/F**

(http://downloads.bbc.co.uk/worldservice/learningenglish/witn/pdfs/witn_plan_080220_obesity.pdf)

b) Complete the missing words in the sentences below:

She's an experton..... nutrition.

There is no pointin.... blaming individuals.

People die earlyfrom..... heart disease.

This is the best wayto.... tackle the problem.

There is a rise ...in..... obesity in the world.

c) Explain the meaning of the words in bold:

1. Obese children **outnumber** the **malnourished** by two to one.
2. The benefits of this treatment far **outweigh** the risks.
3. Ben Palmer easily **outshone** his rivals in the 200 metre freestyle.
4. He injured himself after his equipment **malfunctioned**.
5. The department is **understaffed** and **overworked**.
6. I believe Jones is an **overrated** and **overpaid** player.
7. He has always been **overshadowed** by his elder sister.
8. Please do not **underestimate** the risks here!
9. Helen was **overjoyed** to hear her plan was approved by the council.

Task 3 Listening: Diabetes

(<http://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-160707>)

Listen and answer the questions:

1. What complications can diabetes cause?
Heart attack, stroke, kidney failure, blindness.....
2. What are the risk factors of type 2 diabetes?
Obesity, overweight, unhealthy diet, lack of physical exercise
3. Why are people eating less healthily than they used to?
A lot of processed food (it tastes well).....
4. What is processed food?
Changed by freezing, or dehydrating, with added sugar, salt, fat.....
5. Why are people taking less exercise?
Changes in lifestyle, job-no physical activity, living in cities, sitting.....
6. In what sense is diabetes a continuum?
Gradually the sugar in blood increases.....
7. How much money is spent on diabetes annually?
\$827 billion every year.....
8. Give an example of government scheme to encourage healthy eating.
Promote physical activity and healthy eating by some form of contribution, sugar taxes
9. How many people worldwide suffer from diabetes?
415 000 000 8.3% of adult population

Task 4 Grammar

Choose the correct modal verb in the sentences below:

1. Diabetes is a disease in which the body *mustn't* / **cannot** control the level of sugar in the blood.
2. You **should** / *would* walk or cycle instead of travelling by car or bus.
3. If people change to a healthier lifestyle, we **may** / *can* be able to stop the rise in diabetes one day.
4. You *don't have to* / **mustn't** forget to check your blood sugar regularly.
5. I almost passed out yesterday – **I shouldn't have eaten** / *may have eaten* the cake!
6. She was not feeling well yesterday – she **had to go** / *must go* home.
7. The problem **may have been** / *mustn't be* caused by hypoglycaemia.
8. You were sick? That **must have been** / *should have been* terrible for you at this busy time of the year!

Which of the modal verbs above do we use to express:

- a) Ability / lack of ability**can** / **cannot**.....
- b) Recommendation**should**.....
- c) Possibility**may**.....
- d) Prohibition**mustn't**.....
- e) Obligation/ lack of obligation **have to** / **do not have to**
- f) Certainty**must**.....