


Food

vocabulary




1. Find the right definition

nutrition malnutrition fast food processed food
calories obesity BMI

[ ] is often hot food that served quickly in restaurants, for example hamburgers or fried chicken.
[ ] is a Body Mass Index, measurement of someone's weight in relation to their height
[ ] is a unit of energy, measurement of an amount of energy that this food provides
[ ] is the process by which your body takes in and uses food, especially food that helps you to stay healthy
[ ] is food to which chemicals have been added to make it last longer or give extra taste or colour.
[ ] is physical illness or bad health caused by diet containing too little nutrients or too little food
[ ] is a complex disease defined as excessive amount of body fat.

2. Find the difference between two words "diet".

Sometimes when you want to loose weight you have to change your lifestyle. Even if you lose some weight by going on **a diet**[1], most people return to their prevous eating habits. A healthy **diet**[2] protects you not only from obesity but also from various diseases, such as heart disease,diabetis and cancer. Consuming a varity of different foods containing less salt and sugar can help you to maintain a healthy body.

[ ] limiting of food or drink in order to loose weight

[ ] the food and drink consumed by a person

LIVEWORKSHEETS

https://www.who.int/activities/controlling-the-global-obesity-epidemic

3. Read the text and answer the test questions

At the other end of the malnutrition scale, obesity is one of today's most blatantly visible – yet most neglected – public health problems. Paradoxically coexisting with undernutrition, an escalating global epidemic of overweight and obesity – "globesity" – is taking over many parts of the world. If immediate action is not taken, millions will suffer from an array of serious health disorders.

Obesity is a complex condition, one with serious social and psychological dimensions, that affects virtually all age and socioeconomic groups and threatens to overwhelm both developed and developing countries. In 1995, there were an estimated 200 million obese adults worldwide and another 18 million under-five children classified as overweight.

Generally, although men may have higher rates of overweight, women have higher rates of obesity. For both, obesity poses a major risk for serious diet-related noncommunicable diseases, including diabetes mellitus, cardiovascular disease, hypertension and stroke, and certain forms of cancer. Its health consequences range from increased risk of premature death to serious chronic conditions that reduce the overall quality of life.

1. "Globesity" is a ....

a) undernutrition b) global epidemic of food disorder c) global epidemic of overweight

2. Obesity includes social dimension and ...

a) psychological b) socioeconomical c) economical

3. Obesity threatens only developing countries.

TRUE FALSE

4. Obesity has higher rates for women

TRUE FALSE

5. Obesity has a majot risk for such diseases (muptiple aswer)

a) cardiovascular diseases

b) flu

c) allergy

d) cancer

e)hypertension

d)chickenpox

f) stroke

LIVEWORKSHEETS