Complete the text with the words and expressions below.

✦ affordable ✦ consist of ✦ defend ✦ national ✦ overlook
✦ annually ✦ damage ✦ maintaining ✦ neglect ✦ qualify
✦ claim ✦ debate ✦ mistaken ✦ nourish ✦ replaced

Ask Doctor Dan

Today let's talk about obesity, the silent killer. Did you know that one in three children in this country is overweight or obese? Obesity has become a 1._____ epidemic. The average American spends about $1,200 on fast food every year. Together, that's over 200 billion dollars 2. _____!

Question: What does fast food have to do with obesity?

Answer: Studies have found that eating fast food is connected to weight gain. That's because fast food is loaded with calories from fat and added sugar.

Question: Is fast food healthy?

Answer: Although there has been some 3._____ about this, most doctors agree that it is not! Did you know that fast food hamburgers 4._____ only have 2.1 to 14.8 percent meat? The rest of the meat is 5._____ buy unhealthy chemicals and preservatives. Some fast food restaurants try to 6._____their food by 7._____ that it is healthy. Don't believe it! This is a 8._____ claim. Yes, they have introduced salads recently, but what they 9._____ to mention is that those salads contain almost 500 calories, plus loads of fat and salt. With very few vitamins and minerals, fast food cannot possibly 10._____ your body. In fact, the opposite is true: a diet of fast food can and will do 11._____to your body.

Question: If fast food is bad for people, why do they eat it?

Answer: Fast food is convenient and 12._____. It's everywhere, and it's cheap. That's why many people are willing to 13._____ the fact that fast food is unhealthy. Some people even 14._____that fast food is delicious, but let's be honest – fast food doesn't exactly 15._____as gourmet food. Really, which would you rather have – a fat, juicy home-cooked hamburger or a flat, dry fast-food burger? I know which one I'd choose!

LIVEWORKSHEETS

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