

**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!

<b>C</b>	<b>1</b> national	<b>9</b> neglect
	<b>2</b> annually	<b>10</b> nourish
	<b>3</b> debate	<b>11</b> damage
	<b>4</b> consist of	<b>12</b> affordable
	<b>5</b> replaced	<b>13</b> overlook
	<b>6</b> defend	<b>14</b> claim
	<b>7</b> maintaining	<b>15</b> qualify
	<b>8</b> mistaken	