

**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!



- 1 national
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