

Preventing Obesity

- Discover the correct use of the present continuous tense and *going to* to talk about the future. Read the following statements from the text “Obesity Awareness” and choose the statements that best describe them.
1. In the sentence “We are *going to* discuss how to fight obesity,” *going to* expresses:
 - a) an uncertain plan in the future.
 - b) a prediction based on an opinion.
 - c) an intention to do something in the near future.
 2. In the sentence “This weekend my father *is preparing* some healthier alternatives,” *is preparing* expresses:
 - a) a fixed arrangement or plan.
 - b) an intention to do something.
 - c) a prediction based on an opinion
 3. What is the correct grammatical structure to express a fixed plan in the near future?
 - a) On Saturday, I will play soccer with my friends.
 - b) On Saturday, I may play soccer with my friends.
 - c) On Saturday, I am playing soccer with my friends.
 4. What is the correct grammatical structure to express an intention to do something?
 - a) Starting next year, our school is going to participate in a public policy campaign.
 - b) Starting next year, our school will participate in a public policy campaign.
 - c) Starting next year, our school might participate in a public policy campaign.

Education is going to play a key role in changing people's relationship with food. Choose the correct form of the verb to complete the information about obesity awareness.

1. Today, at 12:00 o'clock, students about obesity in Mexico and its consequences.
2. In 2019, 24% of the Mexican population from diabetes or cardiovascular illnesses because of their diet.
3. The student and his dad a party next weekend with healthier snacks.
4. Without outdoor activities, people less active.
5. Next year, the school a campaign to study and explain the relationship between poverty and obesity.

Key Words

- **corpulence** /'kɔːr.pjʊ.ləns/: the state of being fat.
- **flabbiness** /'flæb.i.nəs/: the state of lacking firmness in the body.
- **fleshiness** /'fleʃ.i.nəs/: the state of having a lot of soft flesh on the body.
- **obesity** /oʊ'bi.sə.ti/: a state of excess fat accumulated on the body.

Read the key words and drag them to complete the sentences correctly.

1. The _____ in this steak is great, look at all that meat!
2. If you eat healthy you will never have to worry about _____.
3. I'm amazed at his _____, the guy is so fat!
4. The best way to combat _____ is by exercising and building up muscle mass.

It is important to prevent obesity in Mexico. Complete the following text by dragging and dropping the correct options into the blanks.

Fighting Obesity

Next week, I am starting my internship in the Secretary of Health office! I _____ on obesity projects. We _____ for ways to fight Mexico's obesity problem. Reducing rates of obesity _____ the population's overall health. This campaign is going to help lower healthcare costs. People who are healthier _____ a better quality of life.

Next month, we _____ a new campaign against obesity. Our campaign _____ low-income populations, which are more affected by obesity. In our first phase, we are focusing on improving access to health education. Over the next six months, we _____ more health and nutrition education programs in poorer communities. Starting next quarter, urban planning _____ more bike lanes and public spaces for walking. Even companies _____ incentives to their employees to do exercise.

are going to give

is going to incorporate

are going to have

are going to look

is going to improve

are initiating

are launching

am going to work

is targeting

Obesity is a real problem in our country. We can start preventing it at home or in our school. Write some changes that you and your friends are making to stop this epidemic. Use *going to* and the present continuous tense to express plans in the near future.