

A research on obesity and fat

- Obesity is mainly caused by bad eating habits and lack of exercise
- There are two national survey conclusions. First, the age group that consumes the most fat is 31.....
- Secondly, family members living together show 32..... levels of fat in their diets.
- The aim of the present study is to show whether children affect the diet of adults.
- The study considered other variables such as age, education, race, 33....., and whether participants were born overseas.
- The 34..... was conducted at Mobile Examination Centres.
- The results show that adults living with children are more likely to eat more fat and convenience food, and more importantly, they are more likely to drink 35.....
- The reasons for these findings include that parents often have little 36..... to prepare healthy meals.
- The study's limitations include not accounting for the 37..... of children in each family and the 38..... between the adults and children.
- Additionally, the influence of children on adult diets may decrease with 39.....
- Finally, as for conclusions and recommendations, further research is needed to understand how our 40..... affect our diet.

