You should spend about 40 minutes on this task.

Obesity is a serious global problem in today's society, especially among young people. More than one-third of adults and 17% of youth in the United States are obese, although the prevalence remained stable between 2003- 2004 and 2009-2010. Obesity causes a lot of conditions including heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.

Write an essay to an educated reader on the causes of obesity among young people and possible solutions.

In recent years, there has been an increasing number of obesity cases, especially among the young. Being overweight has become a worrying problem which impacts people's life negatively. This 1. _____ will point out causes leading to obesity among children and recommend some measures to tackle it.

There are several factors resulting 2. _____ youth obesity. One of the most obvious causes is that children follow an unbalanced 3. _____. It is apparent that children tend to absorb food which is rich 4. _____ fat, cholesterol and sugar such as fast food and soft drinks. Besides, parents today seem to 5. _____ so occupied at work that they cannot cook healthy meals for their children. 6. _____, take away food can be a choice for their children, which is harmful to children's health. 7. _____ cause is that children have a sedentary lifestyle. More specifically, many children prefer playing video games, watching TV and surfing the Internet rather 8. _____ getting involved 9. _____ physical activity. As a 10. _____, children have high risks of being obese.

There are some effective 11. _____ which could be taken to address children's obesity. The first and foremost solution is that parents could encourage their children to 12. _____ a balanced diet. For 13. _____, they could arrange time to prepare healthy meals for children. Besides, they could encourage children to cut 14. _____ on the amount of carbohydrate and fat in their diets and increase the intake of water, fruits and vegetables. Furthermore, parents could help their children to lead an active lifestyle. For example, participating in outdoor activities allows children to improve their physical fitness. Last but not 15. _____, the government could contribute 16. _____ limiting junk food advertising or even putting a ban on unhealthy items. As a result, children can avoid weight gain by not taking unhealthy food.

In conclusion, there are two factors contributing 17. _____ obesity including an unbalanced diet and a sedentary lifestyle. However, if parents and the government take these suggested actions, this worrying issue can 18. _____ tackled soon.

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