

2 FIGHTING A WORLDWIDE EPIDEMIC

PRE-READING ACTIVITY

A. Do you think reading labels on food products is important? Explain.

B. 1. Choose THREE packaged food products which you consume regularly and check their labels. Fill out the missing information.

Product: _____ Per 100 grams		Product: _____ Per 100 grams		Product: _____ Per 100 grams	
sugar		sugar		sugar	
fat		fat		fat	
sodium		sodium		sodium	

2. Is consuming high levels of these ingredients (sugar, fat and sodium) healthy? You may look up information on the internet.

3. Has the information you found affected your attitude to the food you eat? Explain.

NEW WORDS

The words in the following exercises appear in the text. Let's get to know them.

A. Match the words in column A with their meaning in column B.

A	B
___ 1. achieve	a. involving a lot of sitting and little physical activity
___ 2. attempt	b. a company or person that makes a product
___ 3. awareness	c. eat, drink, use
___ 4. consume	d. very bad, very serious
___ 5. decade	e. the act of trying to do something
___ 6. epidemic	f. a period of ten years
___ 7. increasingly	g. a disease that spreads very quickly and affects a large number of people
___ 8. ingredient	h. noticing and understanding what is going on around you
___ 9. label	i. increase, bring to a higher position
___ 10. manufacturer	j. one of the things that are used to make a certain food, product, etc.
___ 11. obesity	k. more and more
___ 12. preventable	l. the state of being very fat
___ 13. raise	m. can be avoided
___ 14. sedentary	n. reach a goal by working hard
___ 15. severe	o. a piece of paper, cloth, etc. that is attached to something to identify or describe it

B. Replace the words in bold with words from exercise A that have a similar meaning. Make any necessary changes.

1. The children **ate** all the refreshments served at the party.
2. If you want to know what material this shirt is made of, look at the **piece** of cloth that is **attached** to the shirt.
3. Many of the diseases spread in South Africa are **avoidable**.
4. Many technological changes have taken place in the last **ten years**.
5. I have a **serious** headache on the right side of my head. What can I do?

Let's Practice!

Complete the sentences with a suitable word from the list below.

height – active – contains – consumers – obese – increase

- 1) She is an _____ member of the student council.
- 2) _____ should think twice before buying unnecessary things.
- 3) This box _____ my most valuable possessions.
- 4) The _____ of Mount Everest was first measured in 1856.
- 5) If you usually eat more calories than you burn, you'll become _____.
- 6) There has been a dramatic _____ in the price of apartments in Israel.