There are several reasons for the rising obesity rate among children (_____). One of the most important causes is the change in diet (_____). Nowadays, children's diets have become much less healthy than before, as they now consume much more junk food, such as burgers, pizza, and Coke. These foods and drinks are usually high in sugar and calories, leading directly to obesity if overconsumed (_____). Furthermore, the sedentary lifestyle of many children is also responsible for this problem (_____). Due to technological development, children spend much of their day watching television or playing video games instead of going out, playing sports, and being active (_____).

Measures should indeed be taken to address this issue (_____). One possible solution is to encourage a more balanced diet among children (_____). This can be done by teaching them the value of healthy eating and, at the same time, restricting junk food and sugary drinks in schools. There should also be workshops or events to raise parents' awareness and help them prepare better food for their children at home (_____). Besides, the problem of obesity could also be reduced if children engaged in more physical activity (_____). For example, parents could take them outside to play more, and schools could design more physical activities for students to participate in (_____).

Solution 2 (Main idea 2)

Supporting details 2 (Cause)

Supporting details 1 (Cause)

Solution 1 (Main idea 2)

Topic sentence (Solution)

Topic sentence (Cause)

Reason 1 (Main idea 1)

Reason 2 (Main idea 2)

Supporting details 2 (Solution)

Supporting details 1 (Solution)

LIVEWORKSHEETS