

Complete the text with the words and expressions below.

- ◆ affordable ◆ consist of ◆ defend ◆ national ◆ overlook
◆ annually ◆ damage ◆ maintaining ◆ neglect ◆ qualify
◆ claim ◆ debate ◆ mistaken ◆ nourish ◆ replaced

Ask Doctor Dan

Today let's talk about obesity, the silent killer. Did you know that one in three children in this country is overweight or obese? Obesity has become a 1. _____ epidemic. The average American spends about \$1,200 on fast food every year. Together, that's over 200 billion dollars 2. _____!

Question: What does fast food have to do with obesity?

Answer: Studies have found that eating fast food is connected to weight gain. That's because fast food is loaded with calories from fat and added sugar.

Question: Is fast food healthy?

Answer: Although there has been some 3. _____ about this, most doctors agree that it is not! Did you know that fast food hamburgers 4. _____ only have 2.1 to 14.8 percent meat? The rest of the meat is 5. _____ buy unhealthy chemicals and preservatives. Some fast food restaurants try to 6. _____ their food by 7. _____ that it is healthy. Don't believe it! This is a 8. _____ claim. Yes, they have introduced salads recently, but what they 9. _____ to mention is that those salads contain almost 500 calories, plus loads of fat and salt. With very few vitamins and minerals, fast food cannot possibly 10. _____ your body. In fact, the opposite is true: a diet of fast food can and will do 11. _____ to your body.

Question: If fast food is bad for people, why do they eat it?

Answer: Fast food is convenient and 12. _____. It's everywhere, and it's cheap. That's why many people are willing to 13. _____ the fact that fast food is unhealthy. Some people even 14. _____ that fast food is delicious, but let's be honest – fast food doesn't exactly 15. _____ as gourmet food. Really, which would you rather have – a fat, juicy home-cooked hamburger or a flat, dry fast-food burger? I know which one I'd choose!



- 1 national
- 2 annually
- 3 debate
- 4 consist of
- 5 replaced
- 6 defend
- 7 maintaining
- 8 mistaken

- 9 neglect
- 10 nourish
- 11 damage
- 12 affordable
- 13 overlook
- 14 claim
- 15 qualify