

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.

