

Vocabulary

Paragraph 1

| | | |
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| 1 gloomy | a. | The gradual gathering or adding of something. |
| 2 classed | b. | Causing or feeling depression or sadness. |
| 3 obese | c. | Changing from what is usual, typically in a way that |
| 4 adolescent | d. | Put into a category. |
| 5 abnormal | e. | Of a young person in the process of developing |
| 6 excessive | f. | Very fat or overweight. |
| 7 accumulation | g. | More than is necessary, normal, or desirable. |

Paragraph 2

| | | |
|-----------------|----|---|
| 8 repercussions | h. | Unintended consequences of an event or action, |
| 9 generation | i. | Putting a limit on; keeping under control. |
| 10 federation | j. | All of the people born and living at about the same |
| 11 addressed | k. | Of a person tending to spend much time seated; |
| 12 consumption | l. | An organization or group within which smaller |
| 13 sedentary | m. | Thought about and began to deal with an issue or |
| 14 restricting | n. | The action of eating or drinking something. |

Are the ideas true or false?

1. Citizens of the world have issued a gloomy health warning. T / F
2. More than 4 billion people will be overweight or obese by 2035. T / F
3. There are just fewer than a billion obese people in the world today. T / F
4. Anyone with a BMI of more than 25 is obese. T / F
5. The WOF said serious percussions will lead to immediate actions. T / F
6. The WOF said health costs should not be passed to future generations. T / F
7. The WOF wants the causes of the roots to be dug up. T / F
8. The WOF recommended providing healthier meals in schools. T / F

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Citizens of the world have been (1) _____ and worrying health warning - half of us will (2) _____ obese or overweight by 2035. The World Obesity Federation (WOF) has warned that in just (3) _____, more than four billion people will be too heavy for their own well-being. There are currently over a billion obese people in the world. The (4) _____ are among children and adolescents. The WHO defines obesity as "(5) _____ fat accumulation that presents a risk to health". A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. In June 2013, the American Medical Association (6) _____ a disease. Many health organizations have described it as a pandemic.

The WOF warned immediate action must be taken to avoid (1) _____ the future. It said the rise was "particularly worrying". It added that, "governments and policymakers around the world need to do all they can (2) _____ health, social, and economic costs on to the younger generation". The federation called for the (3) _____ be addressed. These include an increased consumption of highly processed foods, greater levels (4) _____, and a lack of healthcare services to (5) _____ management. The WOF recommended restricting the marketing of food that has high fat, salt (6) _____, and providing healthy food in schools.