

Vocabulary

Paragraph 1

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.