Theme: Health and Environment

Teenage Woes

What causes obesity? Based on a recent survey in SMK Tun Hussein, an unhealthy lifestyle is the main culprit. Many students today are overindulging in unhealthy food and leading a sedentary lifestyle.

The survey shows that only 130 students out of 550 students in SMK Tun Hussein follow a healthy diet. The rest confess to rarely having breakfast or skipping breakfast altogether. Such unhealthy habits should be put to a halt. Breakfast is an important meal to start our day. Our body needs at least 1 glass of milk or water to complement the loss fluids. Students should at least grab a bite of bread before coming to school. Another unhealthy habit practised among students is enjoying snacks and soft drinks during recess. Parents should be alerted as students are bringing snacks and soft drinks from home. Canteen operators are not allowed to serve snacks and soft drinks within the school compound. Therefore, such an unhealthy lifestyle originates from home. Based on the survey too, 420 students admit that they do not eat enough fruits and vegetables.

Students of SMK Tun Hussein are urged not to skip meals. Stop snacking and in turn it will help reduce the intake of sugar and salt. A change of diet would help tremendously. We must include fibre intake in dietary plans. Last but not least, get active. Participate in sports and outdoor activities. Hopefully by the end of the year, obesity among students could be curbed successfully.

Reading

A. Read the text on students' unhealthy habits. Complete the notes below using no more than three words and/or a number for each answer.

Students' Unhealthy Habits	
School	**SMK Tun Hussein**
Number of students following a healthy diet	1.
Important meal to start the day	2.
Students enjoy	3. 4.
Number of students who do not eat enough fruits or vegetables	5.
What must be included in dietary plans?	6.
Students should participate in	7. 8.

LIVEWORKSHEETS

B. Read the text again. Match the words and their meanings.

Obesity	When you spend a lot of time sitting down
Sedentary	Greatly
Alerted	Being very fat in an unhealthy way
Tremendously	Controlled
Curbed	Warned

LIVEWORKSHEETS