



**Upper Secondary
Week 22**

The Write Tribe

PAPER 2 TECHNIQUES

SECTION C



Section C

[25 Marks]

Text 3

The text below is about obesity. Read it carefully and answer Questions 14 – 19.

- 1 At school, Sona, a very heavy child, often stood in the side lines during recess, watching others play. When she did participate in a game, she was slow and clumsy – an easy target for cruel remarks. "Fatso, hurry up!" Although she was a bright student, her classmates rejected her in class as well. When it came time for group work, no one would choose to have her in the group. At dismissal, Sona would walk home alone, as other schoolmates gathered in groups, chatting and laughing as they went along. At home, Sona sought comfort in cheese cakes and crackers – high caloric snacks – exacerbating her problems and keeping her in a vicious cycle. 5
- 2 During the past few decades, there has been a rapid increase in overweight and obese populations across the globe. Dramatic numbers are now being seen in Canada, Greece, Britain, New Zealand with the United States of America being more severely affected. In developing countries, shifts in urbanisation, causing shifts in lifestyle habits to more sedentary ones with diets rich in processed foods and meats, have also seen obesity rates rising. 10
- 3 Additionally, in China, a prevailing belief that excess body fat means prosperity and health – one carried over from fifty years ago when China was hit by famines that saw millions of deaths – has contributed alarmingly to this upsurge. Sons, highly valued in China, are offered plentiful meat and dairy products – foods that are now widely available. 15
- 4 Overweight children very often have parents who are overweight themselves. However, heredity can only explain a 'tendency' to gain weight. The broader food environment also plays an important role. 20
- The Pima Indians of Arizona who changed from a plant based diet to a fat based one today has one of the highest obesity rates. Unlike their ancestors living in the remote Sierra Madre region of Mexico, these Pima Indians have body weight that are 50 times greater. Western dietary patterns have led Americans to win the dubious title of the heaviest people in the world! 25
- 5 People who do not have sufficient knowledge about healthy diet have a tendency to consume high-fat, low cost foods. Also, the incidence of family crisis may often lead to overeating. Parents play a big part in a child's weight problem. Many parents misinterpret their child's discomfort as a desire for nourishment. 'Treats' are often handed out by doting parents in the form of sugary foods. Then there are parents who are overly controlling and strict about what, when, how much a child can eat. 30
- 6 In society, obesity presents other challenges. In Western societies, obese children are viewed as lazy, untidy, dull and dishonest. In school, they are socially isolated. As they grow older, they report more school difficulties and show more emotional problems than their normal weight friends. Uncontrolled or persistent obesity that extends into adulthood becomes more serious as the disorders translate into 35

more serious developments. Youths who have been obese since childhood display aggression, defiance and depression

40

- 7 Despite the repercussions, treating childhood obesity is not an easy task. In Sona's case, when a weight management programme was suggested, her mother, overweight herself, refused, saying that the girl would lose weight eventually. Unfortunately, Sona's parent is not the only one with such a mindset. In a study done in 2004 on a select community in a province of the United States of America, it was found that only one fourth of overweight parents thought their overweight children had a weight problem. True to the study's findings, less than 20 percent of obese children get any treatment. Although some eventually went on a diet to try to lose weight, the crash diets they go on often made things worse. Early intervention is the best recourse for any permanent change in obesity. Treatment that focuses on diet and lifestyle work best when the obesity problem is not too severe.

14. With reference to paragraph 1 (line 7), 'At home, Sona sought comfort in cheese cakes and crackers – high caloric snacks – exacerbating her problems and keeping her in a vicious cycle.'

Quote the word/phrase which means:

[2]

worsened

that repeats over and over again

15. (i) In paragraph 2 (line 10) 'Dramatic numbers are now being seen in Canada, Greece, Britain, New Zealand with the...'

What is the message the writer wants to deliver by the use of the word 'dramatic' here?

[1]

- (ii) In paragraph 2 (line 12) 'In developing countries, shifts in urbanisation, causing shifts in lifestyle habits to more sedentary ones with diets rich in processed foods and meats, have also seen obesity rates rising'.

What is the 'shift in lifestyle habits' referred to here and how are they linked to rising obesity rates?

[2]

16. Here is a part of a conversation between two students, Su Ann and Halim, who have read the article.



- (i) With reference to paragraph 3, how would Halim support his argument? [1]

- (ii) How would Su Ann explain her statement with reference to paragraph 3? [1]

17. From paragraph 4 (line 26), what is unusual but effective about the phrase 'a dubious title'? [2]

18. With reference to paragraph 6, why is it important to manage the problem of obesity from a young age? [1]

19. Using your own words as far as possible, summarise the possible causes and consequences of obesity and how treatment typically faces some hurdles.

Use only information from paragraphs 4 to 7.

Your summary must be in continuous writing (not note form). It must not be longer than 80 words (not counting the words given to help you begin).

While heredity only explains an inclination to gain weight,

No. of words [15]