



8 Nutrition and obesity

LANGUAGE

1 Grammar

Choose the correct option to complete the sentences.

- 1 *You should / should you / should* cut down on the calories you eat.
- 2 He *not should / don't should / shouldn't* smoke so much.
- 3 Why *I should / I / should I* eat oily fish?
- 4 Do *you should have / should you have / you have* sugar in your tea and coffee?
- 5 To be healthy you should *eaten / eating / eat* a balanced diet.
- 6 She could die of anorexia, so she *must eat / should eat / eats* something.
- 7 It *should be / would be / would* a good idea to try adding some vegetables to your diet.
- 8 If I were you, *I should / I'd / I drink* fewer fizzy drinks.

2 Key words from the unit

Complete the sentences with the words from the list.

- 1 He injects himself because he is _____.
- 2 Meat and fish are sources of _____.
- 3 _____ provide the body with energy.
- 4 A _____ advises people how to eat healthily.
- 5 Pizzas and burgers are examples of _____.
- 6 Morgan Spurlock had _____ for fast food.
- 7 A balanced _____ is healthy.
- 8 He is _____ to fast foods.

addicted
protein
carbohydrates
cravings
diet
nutritionist
junk food
diabetic

READING AND VOCABULARY

Nutritionists classify food by groups. They say that the human body requires a balanced mixture of food from all the main food groups: carbohydrates, protein, fats, vitamins, fibre and minerals. The secret of good health is to eat a balanced diet, with the right amount of food, and to take plenty of physical exercise.

When there is an imbalance – for example if you eat too little or too much, or when one of the food groups is missing from your diet – this can cause vitamin deficiency, illness, and even death. If there is no treatment and the diet does not change, death is a possibility. One example of this is the problem of obesity – this is when a person is dangerously overweight. Obesity is most common in developed countries. The imbalance comes from eating a diet which is high in fat, sugar and salt, and in not eating enough fruit, vegetables and fibre, and not burning the extra calories through physical exercise.

In the case of eating disorders such as anorexia nervosa and bulimia, the imbalance leads to weight loss, when a person eats less than they need. Sufferers are mostly teenage girls – they either starve themselves in order to lose weight, or eat a lot of food at once (binge-eating) and vomit up all the food later. They often end up in hospital, and after emergency life-saving treatment they receive psychiatric help and counselling.



3 Comprehension

Answer these questions according to the text.

- 1 What kind of diet does the human body need? _____
- 2 What is obesity an example of? _____
- 3 Where is the obesity problem common? _____
- 4 What imbalance causes anorexia nervosa? _____
- 5 Who usually suffers from eating disorders? _____
- 6 What is the treatment for eating disorders? _____

4 Words from the text

Make word combinations. The first one is done for you.

1 physical	a loss
2 balanced	b overweight
3 weight	c disorder
4 vitamin	d groups
5 food	e diet
6 eating	f exercise
7 dangerously	g deficiency

5 Further vocabulary practice

Use the correct form of the word in brackets to complete the sentences 1–7. The first one is done for you.

- 1 Obesity causes many illnesses. (*obese*)
- 2 He has an uncontrollable _____ for fast food. (*crave*)
- 3 Her fast food _____ is serious. (*addict*)
- 4 Everyone needs to eat a _____ diet. (*balance*)
- 5 Being overweight _____ her a lot. (*depress*)
- 6 His diet makes him constantly _____. (*constipation*)
- 7 She _____ weight easily. (*loss*)



WRITING

6 Giving advice about an eating disorder

Reply to this post on an internet forum. Explain what you think is the problem and give the writer some advice about what to do. Use the notes below to help you.

From: @DesperateParent

I need some advice. A year ago my teenage daughter was bright, successful and happy. But something has changed. She has lost interest in studying. All she does is stay in her room. She is very thin, but she buys big bags of sweets and biscuits, eats them all at once, and then spends hours in the bathroom.

I don't know what's wrong with her and she refuses to see a doctor because she says there isn't a problem. I've tried to talk to her but she just shuts me out and I feel like it's my fault. I don't know what to do or say to her.

Notes

signs you describe = typical of eating disorder like bulimia nervosa (binge eating and vomiting)

quite common in teenage girls

not known what causes them

important at the moment = get your daughter to accept she has a problem

get her to speak to a doctor or a trained counsellor – do this before things get worse.