American obesity

It is C _____ K _____ (=de todos conocido) that O _____ F _____ (=cifras de obesidad) have risen D _____ (=a lot) in the las t 30 years. 34% are C _____ (=clasificados) as O _____ (=sobrepeso). But why is this epidemic O _____ (=happening)?.

If we don ´t U _____ U___ (=consumimos) all the calories, our body will S _____ them in our F ____ cells causing an I _____ (=desequilibrio). One factor is that we eat D _____ (de manera diferente) now. We have too much sugar our body can ´t B _____. Snacks are Highly A _____ (=publicidad) and H _____ M _____ (=muy presentes en el mercado) and V _____ M _____ (=máquinas de comida) sell these products in schools making this calorific food E _____ A _____ (fácilmente disponible). F _____ (=y lo que es más) portion sizes are F _____ for B _____ generous (=tienen fama de ser).

Changes in the way of life has contributed G _____ (a lot). Many American aren ´t P _____ active. A S _____ lifestyle has serious consequences in medical health and medical E _____ (=gastos). These costs are S _____ (=impresionantes) and the T _____ (=tendencia) doesn ´t appear to S _____ D ____ in spite of government´s I _____ (=iniciativas) and greater public A _____ (=conocimiento). Although over the last 10 year the figures have L _____ O ____ (=equilibrado). It is not a great A _____ (=logro)

Who is to blame?

SPEAKER 1

Anna doesn ´t think the Government should get _____ in the _____ _____ people make. It´s not their _____. Everybody _____ that it´s not good to eat too much __ ____ _____ _____. People do what they want to do. In the Prohibition _____ in America, the Government banned alcohol so people _____ it _____ and drank in secret. And the big _____ on cigarettes in Britain, the people who want to smoke still smoke.

SPEAKER 2

Jonathan claims that the Government don ´t do much to improve people´s health. They _____ alcohol and cigarettes to _____ ___ to have less but why don ´t they _____ fast food, sweets, and _____ drinks?. It´s cheap and _____. _____ fat is not good for anybody and it´s already been banned from food, what about artificial _____, _____, sugar, _____?. Why doesn ´t the Government ban all of them?. _____ won ´t make food healthier until they are _____ to do so.

SPEAKER 3

Kyle thinks the Government´s role is to _____ a healthy living. _____ in just telling people what to do. They should encourage them to _____ healthier lives. It should start at Primary School because if you start young, the good habits will be _____. In addition, people don ´t know how our bodies work and how food and exercise _____. He thinks children should learn to grow and cook healthy food. It should be part of the _____. They are as important _____.

LIVEWORKSHEETS