

obesity – sedentary lifestyles – pre-made food – treatment costs – engage in – take regular exercise – junk food – imbalanced diet – make healthier food choices – school education programmes – physical activity – fast food – raise public awareness – weight problems – average life expectancy – home-cooked food – child obesity – excessive consumption

1. The rise of _____ has become a major concern for parents and schools worldwide.
2. People who _____ are more likely to maintain a healthy weight and avoid chronic diseases.
3. _____ such as chips and soda can lead to serious health issues if consumed daily.
4. Many students spend hours sitting in front of screens, contributing to _____.
5. In many urban areas, people tend to prefer _____ because it's convenient but often lacks nutrition.
6. A poor diet with too much fat and sugar is an example of an _____.
7. One solution to improve public health is to _____ of the risks of poor nutrition.
8. Governments have implemented _____ to teach children about balanced diets.
9. The increase in _____ has caused healthcare systems to spend more on medication and hospital services.
10. Instead of eating out, families should cook more _____ to better control ingredients and nutrition.
11. An inactive lifestyle combined with unhealthy eating leads to various _____.
12. Children are at risk of developing _____ due to lack of exercise and poor diet.
13. People should _____ rather than avoid all forms of movement.
14. Choosing fresh fruits over sugary snacks shows an effort to _____.
15. Due to poor lifestyle habits, the _____ in some countries is starting to decline.