



## 129. Obesity

Sarah: Wentworth, did you know that the average width of cinema and stadium seats in the US has been increased from forty three to fifty six centimetres?

W: I've heard something like this yes. The cause is overweight right?

Sarah: yes, actually you may even say obesity.

W: I know that the World Health Organisation (WHO) is very concerned about the rising tide of obesity, because its' going global and will send medical costs soaring.

Sarah: Indeed. It is actually very problematic with teenagers whose diet is high in fat and sugars and low in fruits and vegetables.

W: Well they drink fizzy drinks and eat fattening food all day! A child, who sits in front of the television for hours on end, eating crisps and doughnuts, is bound to pile on the kilos. First of all, banning the advertising of unhealthy food and drinks on television might help.

Sarah: Actually, vending machines selling sugary drinks and sweets have been banned from French schools, and been replaced by machines selling fresh fruits and dairy products, respecting the daily calorie intake.

W: This is obviously working, as obese children are scarcer in France than in North America. Obesity in children is worrying but reversing the trend is a huge task.

Sarah: well, knowing that there are strong links between obesity and heart disease, diabetes and cancer should convince most of them to adopt a balanced diet.

W: This is really difficult to consider for kids, knowing that parents must be aware first.

Sarah: The saddest thing is that today's society ostracizes overweight people. Woe to those who are obese in a society where slimness is the norm.



GLOSSARY:

Obesity: l'obésité	Fizzy drinks: des boissons gazeuses
To increase: augmenter	Fattening food: de la nourriture qui fait grossir
To rise: monter, grimper	Hours on end: des heures et des heures
To sit: s'asseoir	Crisps: des chips
To be bound to: être voué, soumis à	Doughnuts: des beignets
To pile: accumuler	The advertising: la publicité
To ban: interdire	Unhealthy: nuisible à la santé
To sell/sold/sold: vendre	Vending machines: les distributeurs automatiques
To replace: remplacer	Sugary drinks: des boissons sucrées
To worry: s'inquiéter	Sweets: des sucreries
To reverse: inverser	Fresh fruits: des fruits frais
To convince: convaincre	Dairy products: des produits laitiers
To adopt: adopter	The daily calorie intake: l'apport calorique quotidien
To consider: envisager, considérer	The trend: la tendance
To be aware: être conscient	A huge task: une tâche colossale
To ostracize: ostraciser	Strong links: des liens étroits
The average: la moyenne	Heart disease: les maladies cardiaques
Width: la largeur	Diabetes: le diabète
Seats: les sièges	Cancer: le cancer
Overweight: le surpoids	A balanced diet: une alimentation équilibrée
WHO: l'OMS	The saddest thing: la chose la plus triste
The tide: la marée	Woe: malheur
Medical costs: les dépenses de santé	Slimness : la minceur
Teenagers : les adolescents	The norm : la norme
A diet : un régime, une alimentation	Soaring : l'essor, la flambée
Fat and sugars : graisse et sucres	High/low : haut/bas
Fruits and vegetables : fruits et légumes	Scarcer : plus rare