



### **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.

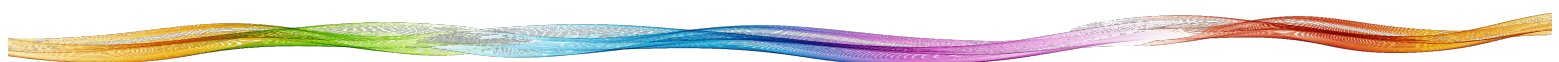
Sarah: Actually, vending machines selling sugary drinks and sweets have been banned from French schools, and been replaced by machines selling fresh fruits and dairy products, respecting the daily calorie intake.

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	Fizzy drinks
To increase	Fattening food
To rise	Hours on end
To sit	Crisps
To be bound to	Doughnuts
To pile	The advertising
To ban	Unhealthy
To sell/sold/sold	Vending machines
To replace	Sugary drinks
To worry	Sweets
To reverse	Fresh fruits
To convince	Dairy products
To adopt	The daily calorie intake
To consider	The trend
To be aware	A huge task
To ostracize	Strong links
The average	Heart disease
Width	Diabetes
Seats	Cancer
Overweight	A balanced diet
WHO = OMS	The saddest thing
The tide	Woe
Medical costs	Slimness
Teenagers	The norm
A diet	Soaring
Fat and sugars	High/low
Fruits and vegetables	Scarcer



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