

2 TRUE OR FALSE

	T	F
You should have a body mass index of under 25.	✓	
You gain weight if you eat more than you can use up.	✓	
Children who have obese parents also become obese.		✓
Obesity also depends on the genes that you have.	✓	
High blood pressure and high cholesterol may also be signs of obesity.	✓	
If fast food stores offer healthy food, most people buy it.		✓
People eat out more than they did 20 years ago.	✓	
Obese children need more medicine than others.		✓
Sleeping disorders lead to obesity		✓

3 MATCH THE WORDS WITH THE DEFINITIONS

A	diabetes	E	young person between 12 and 18
B	exercise	C	to keep things somewhere until you need them
C	store	G	long pointed orange vegetable that grows under the ground
D	scarce	I	when you breathe you make loud noises in your throat or chest
E	adolescent	A	disease in which you have too much sugar in your blood
F	candy	D	when there is not enough of something
G	carrot	H	cold drink that does not have any alcohol in it
H	soft drink	B	physical activity that lets you stay healthy longer
I	wheeze	F	sweet food made from sugar and chocolate

4 MATCH A PART OF EACH SECTION TO MAKE A FULL SENTENCE !

Instead of eating an apple	see many commercials	physical exercise.
If you have	need nutrients	enough food.
American children	uses a combination of height and weight	sweets or junk food
Children and young adults	we often reach for	a variety of snacks and soft drinks
Fat cells store energy	to copy eating habits	in order to grow
Vending machines in schools	how well your body	to measure obesity
The body mass index	is the lack of	turns food into energy
Children are likely	high blood pressure or diabetes	from their parents and grandparents
Genes determine	offer children	you may be at risk
A main cause of obesity	when we don't have	about food and sweets

The body mass index uses a combination of height and weight to measure obesity.

If you have high blood pressure or diabetes you may be at risk.

Fat cells store energy when we don't have enough food.

A main cause of obesity is the lack of physical exercise.

Vending machines in schools offer children a variety of snacks and soft drinks.

Children are likely to copy eating habits from their parents and grandparents.

American children see many commercials about food and sweets.

Instead of eating an apple we often reach for sweets or junk food.

Children and young adults need nutrients in order to grow.

Genes determine how well your body turns food into energy.