

## Nearly 1 billion obese people in developing world

5<sup>th</sup> January, 2014



There are now almost one billion obese adults in the developing world. This figure was around 250 million in 1980. The number of

very overweight people has almost quadrupled in the last 35 years. A report from the Overseas Development Institute (ODI) said one in three people is overweight. The institute wants all world governments to do more to change what people eat. The biggest reasons that people are fatter are that they have more money and they are spending it on fast food. Fewer people are eating traditional, healthier food. Steve Wiggins from the ODI said: "Changes in lifestyle, the increasing availability of processed foods, advertising have all led to dietary changes."

It's not all bad news. Two countries (Denmark and South Korea) have done very well in the past few decades to deal with the obesity problem. Denmark introduced laws against trans-fatty acids. Restaurants and food producers must be very careful about the kind of fats they use to cook their food. South Korea started a public education programme 20 years ago. It warned people about the problems of obesity. Mr Wiggins said: "A few decades ago the government of Korea said we must encourage our traditional foods, which are low in fats and oils, high in vegetables, high in sea food and so on. There was a lot of public education, a lot of training, and a sense that Korean food is good for you."

Sources: BBC / The Guardian / Sky News

### Writing

*There should be a very high tax on fast food.*  
Discuss

### Chat

Talk about these words from the article.

*obese / developing world / quadrupled / governments / spending / fast food / lifestyle / bad news / restaurants / fats / public education / traditional foods / vegetables / sense*

### True / False

- a) In 1980, there were half-a-billion obese people in the developing world. T / F
- b) The number of obese people has gone up by 50% in the last 35 years. T / F
- c) A big reason for people becoming overweight is that they are wealthier. T / F
- d) A development worker said advertising was also responsible. T / F
- e) The article said it was all bad news. T / F
- f) Denmark has laws about what fat restaurants can use. T / F
- g) Obesity rates in Korea have gone up a lot in the past few decades. T / F
- h) Korea introduced education programmes about obesity for its people. T / F

### Synonym Match

- |               |                 |
|---------------|-----------------|
| 1. figure     | a. unpleasant   |
| 2. institute  | b. causes       |
| 3. reasons    | c. cautioned    |
| 4. fewer      | d. number       |
| 5. increasing | e. recommend    |
| 6. bad        | f. growing      |
| 7. deal       | g. awareness    |
| 8. warned     | h. organization |
| 9. encourage  | i. cope         |
| 10. sense     | j. not many     |

### Discussion – Student A

- a) Do you need to gain or lose weight?
- b) Why do people eat too much?
- c) What do you think the situation will be like 50 years from now?
- d) What can governments do to reduce obesity?
- e) Why do people eat fast food if they know it's fattening?
- f) How has your lifestyle changed in the past decade or two?
- g) Do food companies have a responsibility to make healthier food?
- h) When was the last time you ate too much?

## Phrase Match

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1. This figure was                | a. of fats they use     |
| 2. almost quadrupled              | b. lifestyle            |
| 3. they are spending it           | c. bad news             |
| 4. Changes in                     | d. in the last 35 years |
| 5. dietary                        | e. high in vegetables   |
| 6. It's not all                   | f. on fast food         |
| 7. in the past                    | g. is good for you      |
| 8. be very careful about the kind | h. around 250 million   |
| 9. low in fats and oils,          | i. changes              |
| 10. a sense that Korean food      | j. few decades          |

## Discussion – Student B

- Should governments ban certain kinds of fat?
- Why don't all governments start an education programme about obesity?
- Is the traditional food of your country healthy?
- Would you prefer the traditional food of your country of fast food?
- Could you eat a very healthy diet every day, with no fast food?
- Should governments pay people to lose weight?
- Should obese people pay higher charges for healthcare, air tickets, etc?
- What questions would you like to ask a diet expert?

## Spelling

- vreotewigh people
- Overseas Development iItuentst
- eating dnarliaitot, healthier food
- Changes in syfteelli
- edrsepsc foods
- eytrad changes
- in the past few eedscca
- food scordpuer
- a public adnuoceti programme
- the rontmgneev of Korea
- high in leetgsbave
- a esens that Korean food is good

### Answers – Synonym Match

1. d	2. h	3. b	4. j	5. f
6. a	7. i	8. c	9. e	10. g

## Role Play

### Role A – Ban fast food

You think banning fast food is the best way to reduce obesity. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least effective of these (and why): having a nationwide daily exercise hour, cheaper healthcare or putting walking machines in malls.

### Role B – Nationwide daily exercise hour

You think having a nationwide daily exercise hour is the best way to reduce obesity. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least effective of these (and why): banning fast food, cheaper healthcare or putting walking machines in malls.

### Role C – Cheaper healthcare

You think cheaper healthcare is the best way to reduce obesity. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least effective of these (and why): having a nationwide daily exercise hour, banning fast food or putting walking machines in malls.

### Role D – Walking machines in malls

You think putting walking machines in malls is the best way to reduce obesity. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least effective of these (and why): having a nationwide daily exercise hour, cheaper healthcare or banning fast food.

## Speaking – Obesity Action

Rank these and share your rankings with your partner. Put the best ideas to reduce obesity at the top. Change partners often and share your rankings.

- ban chocolate
- daily exercise hours
- high tax on fast food
- education
- free gym membership
- walking machines in malls
- cash bonus for dieting
- cheaper healthcare

### Answers – True False

a	F	b	F	c	T	d	T	e	F	f	T	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.