

listening bank

Obesity: how the figures stack up

You are going to listen to a radio feature exploring the growing problem of obesity. The presenter is American, and interviews a number of health professionals - asking for information and advice. Listen to the recording as many times as you need to and answer the questions below. The recording is on the MultiROM at the back of this Student's Book.



- 1 Which is the best summary of the information in the feature?
- Obesity is only a problem in developed countries caused by people doing less exercise in their work and leisure time.
 - Obesity is a global problem caused by people doing less exercise in their work and leisure time.
 - Obesity is a global problem caused by the growth of fast food chains.
 - Obesity is only a problem in developing countries caused by overeating.
- 2 What do the following figures refer to?
- | | |
|-------|-----------|
| a 90 | d 1 in 10 |
| b 30 | e 93 |
| c 10% | f 18 |
- 3 Mark the sentences true (T) or false (F).
- The presenter is obese. _____
 - Obesity causes cancer. _____
 - Obesity is more of a problem in France than Croatia. _____
 - The French eat more saturated fat than the Americans. _____

- Eating slowly helps you to keep weight off. _____
- Obesity is bad for the environment. _____
- Obesity is contagious. _____
- Walking is a miracle cure for obesity. _____

4 Match the words or phrases (1-8) with the definitions (a-h).

- | | |
|-------------------------|--|
| 1 proportionate | a a fat stomach, usually on a man |
| 2 paunch | b the process of people moving to live and work in towns |
| 3 saturated fat | c a substance found in food (e.g. butter, fried food, and many types of meat), which encourages the harmful development of cholesterol |
| 4 to have a sweet tooth | d to like food that contains a lot of sugar |
| 5 urbanization | e being frequently away from work or school, especially without good reasons |
| 6 sedentary | f spending a lot of time sitting down and not moving |
| 7 absenteeism | g quick; busy |
| 8 brisk | h increasing or decreasing in size, amount, or degree according to changes in sth else |

Over to you

- Is obesity a noticeable problem in your country?
- Do you think that organizations like governments and the workplace should get involved more in fighting obesity?

1	2	3	4	5	6	7	8
the maximum obesity rate amongst men in China, Denmark, Japan, and France	2 a program, the estimated weight	to fall that explains obesity	e million dollars spent on the great	a obesity rate amongst adults in Brazil	the amount of obesity	the number of obesity doctors in the UK	1 million work days lost in the UK
3.11	2.8	3.1	2.9	3.6	4.1	2.9	3.6
4.1	2.9	3.6	4.1	2.9	3.6	4.1	2.9
3.11	2.8	3.1	2.9	3.6	4.1	2.9	3.6
4.1	2.9	3.6	4.1	2.9	3.6	4.1	2.9
3.11	2.8	3.1	2.9	3.6	4.1	2.9	3.6
4.1	2.9	3.6	4.1	2.9	3.6	4.1	2.9

Answer key