

Fun Bits 2

What's Wrong with Fast Food?

To many people, fast food is very convenient and tasty. But it will lead to a lot of health problems if we eat too much of it. Let's learn more about fast food.

Daily Calorie Intake

We need around 2,000 to 2,500 calories of food a day for our bodies to have enough energy to work. Fast food is high in calories. For example, there are already about 500 calories in a double beef cheeseburger. Therefore, eating too much fast food can easily result in weight gain because of the high calorie intake.

Body Mass Index (BMI)

Body mass index (BMI) is a measure of body fat. It can tell whether a person has a normal weight. We can calculate a man's BMI using his weight (in kilograms) and height (in metres). If we eat fast food very often, we will gain weight easily, causing an increase in our BMI. A person is considered overweight with a BMI over 25, while he or she with a BMI over 30 is said to be obese.

A Fill in each blank with **ONE** word from the text.

1. During Spurlock's _____ in *Super Size Me*, he only ate fast food for a month.
2. A man with a BMI of 32.6 is _____.
3. Monitoring our daily _____ of calories is important for weight control.
4. Calories in food can give our bodies _____ to work but be careful not to consume too many calories.
5. We can calculate a girl's BMI using her weight and _____.

A Real-life Extreme Case: *Super Size Me*

Super Size Me was a film directed by Morgan Spurlock in 2004. In this film, Spurlock conducted an experiment about eating only fast food for 30 days. It may sound like a dream to fast food lovers. But after a month, Spurlock gained about 11 kilograms. His BMI increased from 23.2 (normal) to 27 (overweight). Worse still, he appeared to have a fatty liver. Spurlock's case shows us that eating fast food every day is harmful to our health.



B Read the hints and circle the correct words from the text in the word search.

f	d	r	g	a	i	n
h	i	r	n	y	h	u
a	d	r	e	a	m	r
a	k	v	c	c	h	v
b	r	m	o	d	a	j
t	e	l	n	n	r	g
w	s	h	d	c	m	x
b	u	e	u	h	f	p
e	l	g	c	o	u	c
d	t	z	t	a	l	q
x	k	x	e	v	n	z
c	b	l	d	y	n	i

STEAM Highlights

How many calories are there in a double beef cheeseburger? (Find the answer from the text and check it on P.72.)

Hints:

1. It is my _____ to become a doctor and save people's lives one day.
2. Scientists _____ an experiment in the laboratory last week to test the quality of the products.
3. Drink driving can _____ in serious traffic accidents.
4. Eating too much canned food is _____ to our health.
5. We will _____ weight if we eat too much oily food.