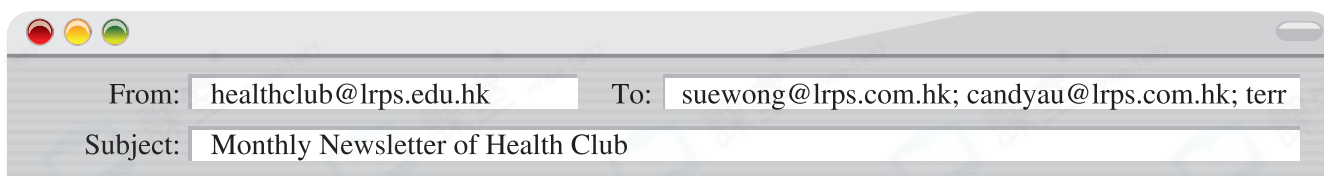


# Obesity

## Let's Think

1. Do you think you are overweight? Why or why not?
2. Do you pay special attention to what you include in your diet?

You are Sue. You are reading an e-mail from the school's Health Club about being overweight.



Dear members,

Our October issue of *Health News* will tell you if you are truly overweight. If you cannot read this email, please click [here](#).



Are you overweight? One simple way to tell is to stand up straight, lower your chin to the chest, and look straight down. If you can see your toes, you are not too fat. If you cannot, you may need to lose some weight.

If you want a more accurate way to tell whether you are too heavy, you may check your Body Mass Index (BMI). All you need to do is to divide your weight (kg) by the square of your height (m). For example, if your height is 1.8 m, then multiply 1.8 by 1.8. This equals 3.24. If you weigh 70 kg, divide 70 by 3.24. The result is 21.6. This is your BMI. If your BMI is less than 18.5, you are a bit skinny. If it is between 18.5 and 24.9, your weight is normal. A BMI between 25 and 29.9 is seen as overweight. If it is 30 or higher, you are considered obese and therefore should consider consulting a doctor or a nutritionist. A low-calorie diet combined with a little more exercise will definitely help you lose weight and become healthier...

(211 words)

What do you see when you look straight down? Your toes or tummy?



## Part A

Answer the following questions using the information from the e-mail. Choose the **BEST** answer and blacken **ONE** circle only.

- The main purpose of the newsletter is to \_\_\_\_\_.
  - A. point out the growing problem of obesity in Hong Kong
  - B. tell readers how they can evaluate their weight
  - C. collect information about the readers' health
  - D. introduce ways to stay physically fit
- The method of checking if one is overweight mentioned in the first paragraph of the newsletter is \_\_\_\_\_.
  - A. easy yet inaccurate
  - B. simple yet expensive
  - C. common and accurate
  - D. difficult and inaccurate
- Which of the following people is most likely to be unhealthily thin?
  - A. a teenage female measuring 1.62 m tall and weighing 55 kg
  - B. a teenage male measuring 1.82 m tall and weighing 52 kg
  - C. a teenage male measuring 1.75 m tall and weighing 65 kg
  - D. a teenage female measuring 1.55 m tall and weighing 47 kg
- Which of the following is **NOT TRUE**?
  - A. Sue is a member of the Health Club.
  - B. *Health News* is issued every month.
  - C. The lower one's BMI is, the healthier one is.
  - D. Nutritionists and doctors offer advice about weight-related problems.
- You want to have a low-calorie diet. Which of the following should you **NOT** eat?



A.



B.



C.



D.

## Grammar Corner

We can use the **modal verb 'should'** to say what somebody has to do as a piece of advice.

**e.g.** *If it is 30 or higher, you are considered obese and therefore should consider consulting a doctor or a nutritionist.*  
(Lines 12-14)

## Part B

Answer the following questions using the information from the e-mail. Write your answers in the spaces provided.

1. Who is the sender of the e-mail?

\_\_\_\_\_

2. Candy wants to read the newsletter but it cannot be loaded in the e-mail. What can she do?

\_\_\_\_\_

3. Calculate Henry's and Jenny's BMIs for them.

A. Henry

Age: 32	BMI: (a) _____
Height: 1.60 m	Weight: 78.08 kg

B. Billy

Age: 28	BMI: <u>23.5</u>
Height: 1.73 m	Weight: 70.33 kg

C. Jenny

Age: 22	BMI: (b) _____
Height: 1.80 m	Weight: 58.32 kg

D. Kate

Age: 40	BMI: <u>27.3</u>
Height: 1.58 m	Weight: 68.15 kg



4. Dr Winnie Wong, a nutritionist, gave some feedback to the above people. Match each of her comments to the person it is most relevant to by writing A, B, C or D in the circles.



(a) *To reduce your body fat, I'd advise you to avoid fatty foods and soft drinks.*



(b) *Your BMI is alarming. You have to change both your diet and your lifestyle greatly to lose a lot of weight. I've tailor-made a diet plan for you.*



(c) *I'm glad that you have a balanced diet. Keep up the good work!*



(d) *You should never have only fruit or cookies as meals. It's obvious that you need to include more high-calorie foods like avocados, whole milk, salmon and cheese in your diet.*



# Vocabulary Bank

The following are some adjectives describing body shapes. Match them with the correct pictures. One of the words is not used.

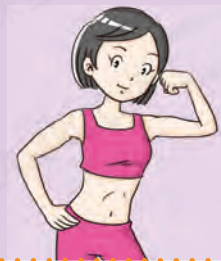
slim / slender      obese      muscular / husky  
chubby      fit      lanky      skinny      plump



1.



2.



3.



4.



5.



6.



7.



## Let's Discuss

1. What do you think of the saying that 'being slim means being healthy'?
2. In your opinion, what is the main factor behind the problem of obesity in Hong Kong?