Topic: Obesity in the U.S.
Source: www.npr.org
Title: Study ties obesity to TV habits

BEFORE YOU LISTEN...

1. Read the questions below and discuss your answers with a partner. (**Skills practiced**: Speaking (speculating; giving an opinion; agreeing/disagreeing) // **Activity duration**: 15 min.)

a) What, in your opinion, are the factors that are contributing to the increasing overweight and obesity of the population in our country? How could the problem of overweight and obesity be solved?
b) What other nutrition-related illnesses do you know of?

NOW LISTEN...

2. Listen to the following extract from a news program about obesity in the US. (**Listening skills practiced**: Listening for general meaning // **Activity duration**: News extract: 3.49 min; Total activity: 6 min. approx.)

AFTER YOU LISTEN...

3. Listen to the extract again and answer the questions below. (**Score**: 1=1; 2=1; 3=0.9; 4=2 (1+1); 5=1 (0.5+0.4+0.1); 6=1; 7=0.1; 8=1.25; 9=1.75(0.25+0.5+0.5+0.25+0.25) // **Listening skills practiced**: Listening for specific information // **Other skills practiced**: Writing (summarizing; note-taking; gap-filling // **Activity duration**: 6 min.)

1. Briefly explain what this piece of news is about.

_____
_____
_____
_____
_____.

2. What do the latest government statistics show?

They show that _____
and that _____.

3. What 3 factors lie behind this epidemic?

3.1 _____
3.2 _____
3.3 _____

4. The report published by the American Medical Association shows...

4.1 _____
_____
_____.

4.2 _____

_____

_____.

5. Researchers analyzed data collected from more than _____

_____ between the years _____ and _____.

These subjects filled out questionnaires every 2 years which asked them

5.1 "How much time do you spend every day

- _____

- _____

- _____

- _____"

5.2. "How much time do you spend every day

- _____"

6. After 6 years, _____

_____.

7. Which particular sedentary behavior proved the most damaging?

_____.

8. Previous research has shown that _____

_____.

9. An added problem is that people often _____.

The reason for this behavior is _____

and _____.

In order to avoid the negative effects of this behavior, Anderson

recommends _____

and _____.

4. Listen to the extract one last time and find out which words or phrases mean approximately the same as the ones below. (**Score**: 10 marks // **Listening skills practiced**: Listening for specific information // **Activity duration**: 6 min.)

1. Extremely fat: (*adj*) _____

2. A disease suffered by a large number of people at the same time: (*noun*) _____

3. Involving little physical activity: (*adj*) _____

4. Causing physical or other injury or damage: (*adj*) _____

5. All the chemical processes in your body, especially those that cause food to be used for energy and growth: (*n*) _____

6. To eat a small amount of food, or a very small meal, between meals: (*v*) _____

7. To direct so many things at someone, esp. to ask them so many questions, that they find it difficult to deal with them: (*v*) _____

8. (Said of food) not cooked: (*adj*) _____