

British women are officially the fattest in Europe

British women are the fattest in Europe. The deeply worrying statistics are contained in a report from Eurostat***, the EU's statistical agency, which compares obesity levels in 19 countries from 2008-2009. According to alarming figures a quarter are obese – so fat it threatens their health. The figure is far higher than in other countries of Western Europe. British men are not much better, with more than one in five classed as obese. Experts are concerned by the young age at which so many women in Britain are developing serious weight problems. A disturbing 16% of young women aged 18-24 are obese – up to 16 times higher than many other European countries where the rate is between 1% and 3%. Young men are doing better, around 6% are obese, but a worrying one third of men aged 45-64 are obese in Britain. Only in the U.S. and Ireland*, which are not included in the league table, have higher obesity rates in the developed world.

The latest table shows the tiny EU island of Malta in second place with 22% of women obese. The former soviet states of Latvia and Estonia are in third place with one in five women obese. Other interesting statistics show that 15% of German women are obese. In France they are slimmer (12.7%) and Italy (9.3%) with Romania showing a mere 8% of obese women. Neville Rigby, director of policy and public affairs at the international Obesity Forum, said the British led the way in obesity – but in almost all developed countries two-thirds of adults are overweight or obese. He added, "Levels of fatness are increasing all the time. They go from overweight to obesity and affect more than 60% of adults in most countries." Tam Fry, of the National Obesity Forum campaign group said, "Education is the key to fighting obesity." Experts blame abundant energy – dense food, too little exercise and a lack of will by policymakers to curb over consumption.

The Eurostat report links obesity with levels of education, saying the better educated tend to be slimmer. They have called for "fat" taxes on unhealthy foods and a ban on advertisements aimed at children. By 2030, the problem will trigger a startling number of illnesses. There will be almost half a million more cases of heart disease, 700,000 extra cases of diabetes, and 130,000 more developing cancer as a consequence of weight. (***)See page 2)

Category: Britain / Women / Survey

Level: Intermediate / Upper intermediate

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The full figures: The top 20 biggest in Europe

Percentage of population classed as clinically obese

		<u>Women</u>			
	<u>Country</u>	<u>18+</u>		<u>Country</u>	<u>Men 18+</u>
1	United Kingdom	23.9%	1	Malta	24.7%
2	Malta	21.1%	2	United Kingdom	22.1%
3	Latvia	20.9%	3	Hungary	21.4%
4	Estonia	20.5%	4	Czech Republic	18.4%
5	Hungary	18.8%	5	Greece	17.6%
6	Czech Republic	18.3%	6	Poland	17.3%
7	Greece	17.6%	7	Slovenia	17.3%
8	Slovenia	16.3%	8	Spain	17.0%
9	Poland	15.8%	9	Cyprus	16.7%
10	Slovakia	15.7%	10	Germany	16.1%
11	Germany	15.6%	11	Estonia	16.0%
12	Belgium	14.7%	12	Slovakia	14.5%
13	Cyprus	14.5%	13	Belgium	13.3%
14	Spain	14.4%	14	Austria	12.4%
15	Austria	13.2%	15	Latvia	12.0%
16	France	12.7%	16	France	11.7%
17	Bulgaria	11.3%	17	Bulgaria	11.6%
18	Italy	9.3%	18	Italy	11.3%
19	Romania	8%	19	Romania	7.6%

Figures were not available for Denmark, Ireland*, Lithuania, Luxembourg, Holland, Finland and Sweden.

Source: Eurostat***

EXERCISES

1. Eating habits: Do you eat properly? Do you put on weight easily? Do you ever diet? Go round the room swapping details.

2. Dictation: The teacher will read four to six lines of the article slowly and clearly. Students will write down what they hear. The teacher will repeat the passage slowly again. Self-correct your work from page one - filling in spaces and correcting mistakes. Be honest with yourself on the number of errors. Advise the teacher of your total number of errors. Less than five is very good. Ten is acceptable. Any more is room for improvement! More than twenty - you need to do some work!

3. Reading: The students should now read the article aloud, swapping readers every paragraph.

4. Vocabulary: Students should now look through the article and underline any vocabulary they do not know. Look in dictionaries. Discuss and help each other out. The teacher will go through and explain any unknown words or phrases.

5. The article: Students should look through the article with the teacher.

- a) What is the article about?
- b) What do you think about the article?

6. Survey: Think of five reasons why people are fat. Then add you five recommendations about how to solve this. Write them below. Explain to your partner why you chose these.

Why are people fat?	How not to be fat
1	1
2	2
3	3
4	4
5	5

The teacher will choose some pairs to discuss their findings in front of the class.

7. Let's roleplay: ABC News: In pairs/groups. One of you is the interviewer. The others are one of the following people. You are in the *ABC News* studio in Vienna. Today's interview is about: *British women are officially the fattest in Europe. 5-10 minutes.*

1	A fat British woman	3	A Romanian
2	Yourself	4	A Maltese man

The teacher will choose some pairs to roleplay their interview in front of the class.

8. Let's think! In pairs. On the board write as many words as you can to do with ***British women are officially the fattest in Europe.*** *One-two minutes.* Compare with other teams. Using your words compile a short dialogue together.

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9. Survey: Look at the survey. Write down three questions about it. Then ask your partner your questions. Discuss together. What are your conclusions?

1	_____
2	_____
3	_____

The teacher will choose some pairs to discuss their findings in front of the class.

10. Presentation: In pairs, groups or individually: Prepare in class or at home a two minute presentation on: **Diets that work**. Stand at the front of the class to give your presentation to the class. The class can vote on the best presentation.

11. Let's do 'The Article Quiz': Have the students quiz each other in pairs. They score a point for each correct answer and half a point each time they have to look at the article for help. See who can get the highest score!

Student A

- 1) Who are the fattest women in Europe?
- 2) Who are the fattest men in Europe?
- 3) Who is Neville Rigby?
- 4) Who is Eurostat?
- 5) The Eurostat report links what?

Student B

- 1) What percentage of Romanian women are fat?
- 2) Who is Tam Fry?
- 3) Why are the U.S. and Ireland mentioned?
- 4) What date was the survey done?
- 5) By 2030, how many people will have heart disease because of obesity?

12. Diets that work: In pairs, think of four different types of diets that work. What makes them good? Do they work? Have you ever tried them? Do you know anyone who has? What recommendations might you make about them? Write them below.

1	_____	3	_____
2	_____	4	_____

The teacher will choose some pairs to discuss their findings in front of the class.

13. Let's write an e-mail: Write and send a 200 word e-mail to your teacher about: **'British women are officially the fattest in Europe'**.

14. Sentence starters: Finish these sentence starters. Correct your mistakes. Compare what other people have written.

- a) British women _____
- b) The survey _____
- c) Romanian _____

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DISCUSSION

Student A questions

- 1) Did the headline make you want to read the article?
- 2) What does the survey tell you?
- 3) Are British women really that fat?
- 4) How do you compare a British woman with one from your country?
- 5) How do you compare a Maltese man with one from your country?
- 6) Why do you think Romania did so well?
- 7) Why are many American's so obese?
- 8) Have you ever been on a diet?
- 9) Should British women go on more diets?
- 10) Do British women eat the wrong foods?

Student B questions

- 1) Do fat people face prejudice at work?
- 2) Have you learnt anything from today's English lesson?
- 3) What do you think of heart disease?
- 4) Do you know anyone with diabetes?
- 5) Do you know anyone who has contracted cancer as a result of obesity?
- 6) Would you like to be thinner or fatter? Explain
- 7) Why do people poke fun at fat people? Explain
- 8) Do you eat enough? Explain
- 9) Do you eat the right foods? Explain
- 10) Did you like this discussion?

SPEAKING

Let's play a game! Europe

Allow 10 minutes – As a class / small groups / pairs

Form a circle. The game goes in a clockwise direction. The person who can't remember the previous items(s) is eliminated by the teacher.

I went to Europe last week and I visited several countries including...

The teacher can moderate the session.

GAP FILL: READING:

Put the words into the gaps in the text.

British women are officially the fattest in Europe

British women are the (1)_____ in Europe. The deeply worrying (3)_____ are contained in a report from Eurostat, the EU's statistical agency, which compares obesity levels in 19 countries from 2008-2009. According to (2)_____ figures a quarter are obese – so fat it threatens their health. The figure is far higher than in other countries of Western Europe. British men are not much better, with more than one in five classed as obese. Experts are concerned by the young age at which so many women in Britain are developing serious (4)_____ problems. A (5)_____ 16% of young (6)_____ aged 18-24 are obese – up to 16 times higher than many other European countries where the rate is between 1% and 3%. Young men are doing better, around 6% are obese, but a worrying one third of men aged 45-64 are (7)_____ in Britain. Only in the U.S. and Ireland, which are not included in the league table, have higher (8)_____ rates in the developed world.

alarming

statistics

disturbing

women

fattest

weight

obesity

obese

The latest table shows the (1)_____ EU island of Malta in second place with 22% of women obese. The former soviet states of Latvia and Estonia are in third place with one in five women obese. Other interesting statistics show that 15% of German women are obese. In France they are (2)_____ (12.7%) and Italy (9.3%) with Romania showing a mere 8% of obese women. Neville Rigby, director of policy and public affairs at the international Obesity Forum, said the British led the way in obesity – but in almost all developed countries two-thirds of adults are overweight or obese. He added, "Levels of (3)_____ are increasing all the time. They go from overweight to obesity and affect more than 60% of adults in most countries." Tam Fry, of the National Obesity Forum (4)_____ group said, "Education is the key to fighting obesity." Experts (5)_____ abundant energy – (6)_____ food, too little (7)_____ and a lack of will by policymakers to (8)_____ over consumption.

blame

dense

fatness

curb

tiny

slimmer

exercise

campaign

GRAMMAR

Put the words into the gaps in the text.

British women are officially the fattest in Europe

British women are the fattest in Europe. The deeply worrying statistics are contained in a report from Eurostat, the EU's statistical agency, which compares obesity levels in 19 countries from 2008-2009. According to alarming figures a quarter are obese – so fat it threatens (6)___ health. The figure is far higher (7)___ in other countries of Western Europe. British men are not (8)___ better, (1)___ more than one in five classed as obese. The deeply worryingly statistics are contained in a report from Eurostat, the EU's statistical agency, which compares obesity levels in 19 countries from 2008-2009. Experts are concerned by the young age at which so (5)___ women in Britain are developing serious weight problems. A disturbing 16% of young women aged 18-24 are obese – up to 16 times higher than many other European countries (3)___ the rate is between 1% and 3%. Young men are doing better, around 6% are obese, but a worrying one third of men aged 45-64 are obese in Britain. (4)___ in the U.S. and Ireland, (2)___ are not included in the league table, have higher obesity rates in the developed world.

(1)___ latest table shows the tiny EU island (2)___ Malta in second place with 22% of women obese. The former soviet states of Latvia and Estonia are in third place with one in five women obese. Other interesting statistics show that 15% of German women are obese. (3)___ France they are slimmer (12.7%) and Italy (9.3%) with Romania showing a mere 8% of obese women. Neville Rigby, director of policy and public affairs at the international Obesity Forum, said the British led the way in obesity – (4)___ in almost all developed countries two-thirds of adults are overweight or obese. (5)___ added, "Levels of fatness are increasing all the time. They go from overweight to obesity (6)___ affect more than 60% of adults in most countries." Tam Fry, of the National Obesity Forum campaign group said, "Education is the key to fighting obesity." Experts blame abundant energy – dense food, (7)___ little exercise and a lack of will (8)___ policymakers to curb over consumption.

only

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SPELLING TEST

The teacher will ask the class individually to spell the following words that are in the article. Afterwards, check your answers with your teacher, using the following ratings: **Pass = 12, Good = 15, Very good = 18, Excellent = 20**

1	abundant	11	almost
2	statistics	12	obesity
3	consequence	13	education
4	disturbing	14	slimmer
5	diabetes	15	unhealthy
6	curb	16	weight
7	illnesses	17	cancer
8	advertisements	18	disease
9	problem	19	threatens
10	trigger	20	worryingly

LINKS

<http://www.telegraph.co.uk/health/healthnews/8917316/British-women-officially-the-fattest-in-Europe.html>

<http://news.uk.msn.com/uk/british-women-fattest-in-europe>

<http://lifestyle.aol.co.uk/2011/11/25/british-women-are-the-fattest-in-europe/>

ANSWERS

GAP FILL: British women are officially the fattest in Europe: British women are the **fattest** in Europe. The deeply worrying **statistics** are contained in a report from Eurostat, the EU's statistical agency, which compares obesity levels in 19 countries from 2008-2009. According to **alarming** figures a quarter are obese – so fat it threatens their health. The figure is far higher than in other countries of Western Europe. British men are not much better, with more than one in five classed as obese. Experts are concerned by the young age at which so many women in Britain are developing serious **weight** problems. A **disturbing** 16% of young **women** aged 18-24 are obese – up to 16 times higher than many other European countries where the rate is between 1% and 3%. Young men are doing better, around 6% are obese, but a worrying one third of men aged 45-64 are **obese** in Britain. Only in the U.S. and Ireland, which are not included in the league table, have higher **obesity** rates in the developed world.

The latest table shows the **tiny** EU island of Malta in second place with 22% of women obese. The former soviet states of Latvia and Estonia are in third place with one in five women obese. Other interesting statistics show that 15% of German women are obese. In France they are **slimmer** (12.7%) and Italy (9.3%) with Romania showing a mere 8% of obese women. Neville Rigby, director of policy and public affairs at the international Obesity Forum, said the British led the way in obesity – but in almost all developed countries two-thirds of adults are overweight or obese. He added, "Levels of **fatness** are increasing all the time. They go from overweight to obesity and affect more than 60% of adults in most countries." Tam Fry, of the National Obesity Forum **campaign** group said, "Education is the key to fighting obesity." Experts **blame** abundant energy – **dense** food, too little **exercise** and a lack of will by policymakers to **curb** over consumption. (V4)

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