the emerging obesity epidemic
obese children suffering from diabetes
processed foods
to pose health concerns
poor diet
healthy diet
to address the obesity problem
people overeat
packaged foods
nutritional aspects
grocery store
unsweetened yogurt
whole grains
convenient and inexpensive foods
sugary, salty, fatty foods
to devour fried chicken
to consume fewer calories
to maintain healthy weight
the intake of nutrients
to maintain calorie balance
to consume nutrient-dense foods
solid fats
refined grains
healthy eating pattern
low-fat dairy products
lean meats and poultry

www.kuzina.me
fortified foods

dietary supplements

pasteurized milk

to reduce sodium intake

saturated fatty acids

polyunsaturated fatty acids

consume in moderation

eat rainbow

to replace refined grains with whole grains

protein foods

insoluble dietary fiber

soluble dietary fiber

a varied diet

metabolic processes

sedentary lifestyle

Body mass index (BMI)

portion sizes

Reading links:

Obesity and overweight

The Extraordinary Science of Addictive Junk Food

Dietary Guidelines for Americans, 2010 (you can read only the overview)
Videos:

Jamie Oliver: Teach every child about food
Sandra Aamodt: Why dieting doesn't usually work
Dan Buettner: How to live to be 100+

Essay topics:

1. Today’s food travels thousands of miles before it reaches customers. Why does this happen? Is this a positive or negative trend?

2. Recent research shows that the consumption of junk food is detrimental to health. Some people believe that better health education is the solution to this problem, but others disagree. What is your opinion?

3. Nowadays many food producers are using chemical substances to preserve foods. Do the dangers derived from the use of chemicals in food production and preservation outweigh the advantages?

4. The percentage of overweight children in Western society has increased by almost 20% during the last ten years. Discuss the causes and effects of this disturbing trend.

5. Eating a balanced diet is the most important factor for a healthy life. To what extent do you agree?