

## TEST – CHILDHOOD OBESITY

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1. In which countries of the world is childhood obesity a big problem : **industrialized countries, western Europe the United States etc..**
2. What body mass index should you have so that you're not overweight ? **25**
3. What do we need in order to grow and stay healthy ? **nutrients, exercise**
4. Name some of the causes of obesity : **eating too much, fast food, sugary drinks, not enough exercise**
5. What are vending machines ? Where can you find them ? **a machine from which you can get food and drinks by inserting money ; in schools, offices, etc..**
6. Why do soft drinks lead to increased obesity ? **too much sugar in them**
7. How have family eating habits changed over the years ? **they eat out more**
8. How might overweight parents affect the obesity of children ? **they see the wrong eating habits**
9. What can type 2 diabetes lead to ? **blindness, heart and kidney diseases, damage nerves**
10. What are other health risks of obesity ? **asthma, wheezing, high blood pressure, sleeping disorders**