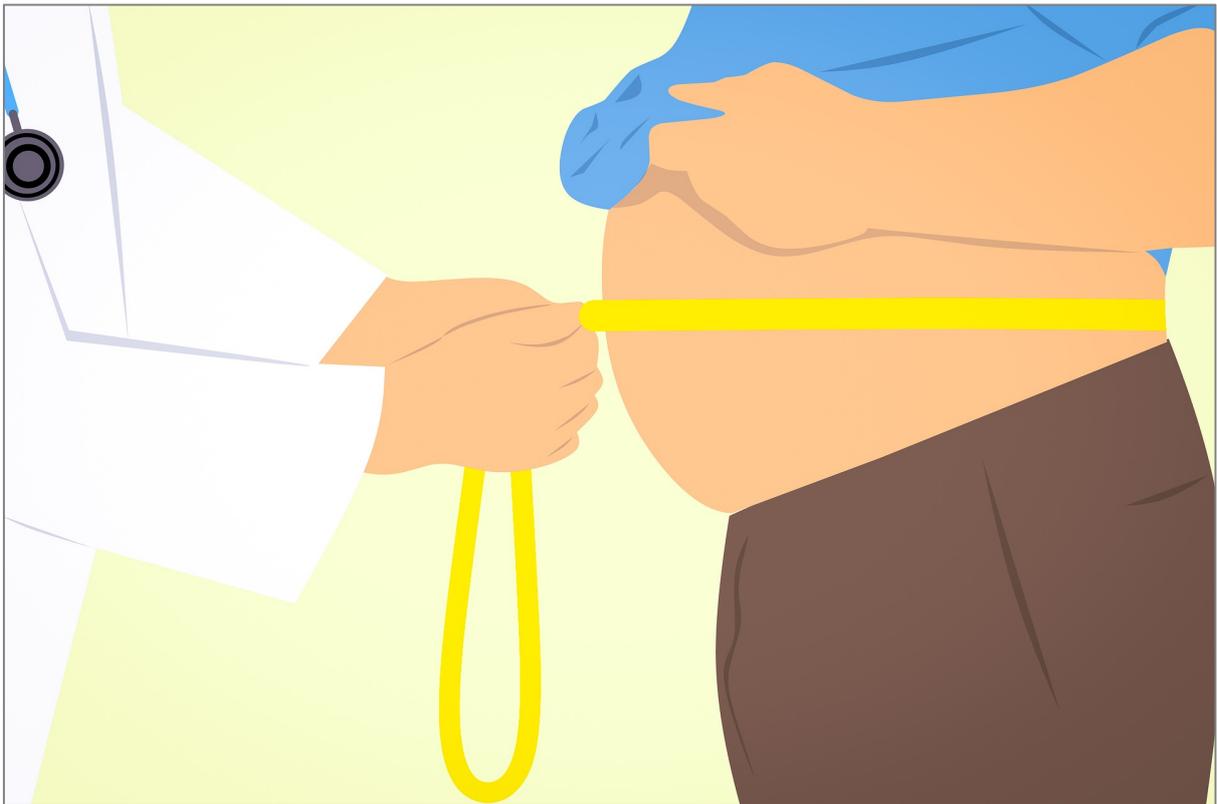


# Obesity



## SPSE Reading Lesson

**Task:** *Read the text on obesity and fill in the outline plan. Identify the background, key problems, possible solutions and evaluation.*

## Teacher's Notes

### Reading Text - SPSE

Time: 1 hour

Level: \*\*\*\*\*/[B2/C1]

#### Lesson Plan

Aim: to develop the students' ability to read one academic text and highlight key points connected to background, problems, solutions and evaluation.

##### 1. Lead in

- What is obesity? Brainstorm ideas and associated vocabulary.
- Key vocab: *overweight, fitness, convenience food, lack of exercise, diabetes, heart disease, premature death, high levels of fat and sugar, a dietician, couch potato.*

##### 2. SPSE Revision

- Remind students about what is a SPSE essay.
- Go here: <https://www.academic-englishuk.com/spse> (Models / Language).

##### 3. Reading

Give out blank outline and reading text. Set 45 minutes for the students to read the text and fill in the outline with the background, problems, solutions, evaluation.

##### 4. Feedback

Feedback as a group or give out model outline answer sheet.

##### 5. Extra

Students Internet research other societal problems (smoking, sugar tax, diabetes, traffic congestion, knife crime, etc..), create a SPSE plan and then write an essay.

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## Obesity

Consumption of processed and convenience foods and our dependence on the car have led to an increase in obesity and reduction in the fitness level of the adult population. In some countries, especially industrialized ones, the number of obese people can amount to one third of the population (WHO, 2015). This is significant as obesity and poor fitness lead to a decrease in life expectancy, and it is therefore important for individuals and governments to work together to tackle this issue and improve their citizens' diet and fitness.

Obesity and poor fitness decrease life expectancy. Overweight people are more likely to have serious illnesses such as diabetes and heart disease, which can result in premature death (Wilson, 2014). It is well known that regular exercise can reduce the risk of heart disease and stroke, which means that those with poor fitness levels are at an increased risk of suffering from those problems.

Changes by individuals to their diet and their physical activity can increase life expectancy. There is a reliance today on the consumption of processed foods, which have a high fat and sugar content. According to Peterson (2013), preparing their own foods, and consuming more fruit and vegetables, people could ensure that their diets are healthier and more balanced, which could lead to a reduction in obesity levels. However, organising such a change in diet and a reduction of food would need to be controlled by a dietician expert, which would incur further costs. In order to improve fitness levels, people could choose to walk or cycle to work or to the shops rather than taking the car. They could also choose to walk upstairs instead of taking the lift. These simple changes could lead to a significant improvement in fitness levels.

Governments could also implement initiatives to improve their citizens' eating and exercise habits. Jones (2011) argues that this could be done through education, for example by adding classes to the curriculum about healthy diet and lifestyles. Education would be implemented in high school and would have a preventative effect on the younger generations rather than a cure for the obese older generation. Governments could also do more to encourage their citizens to walk or cycle instead of taking the car, for instance by building more cycle lanes or increasing vehicle taxes. While some might argue that increased taxes are a negative way to solve the problem, Wilson (2014) highlights that it would not be any different from the high taxes imposed on cigarettes to reduce cigarette consumption.

In short, obesity and poor fitness are a significant problem in modern life, leading to lower life expectancy. Individuals and governments can work together to tackle this problem and so improve diet and fitness. Of the solutions suggested, those made by individuals themselves are likely to have more impact, though it is clear that a concerted effort with the government is essential for success. With obesity levels in industrialized and industrializing countries continuing to rise, it is imperative that we take action now to deal with this problem.

### References

- Jones, J. (2011) Educate for obesity. *The Educationalist Journal* 8 (4). pp34-56  
Peterson, R, J. (2013) Healthier eating creates a healthier world. *The New Scientist*.76 (6).  
Wilson, C. (2014) Diseases connected to Obesity. *Medical Journal*. 55 (5). Pp23-56  
World Health Organization (WHO) (2015) *Obesity the epidemic*. [online] Available at: [http://www.WHO.uk/obesity\\_guidelines](http://www.WHO.uk/obesity_guidelines) [Accessed 10 October 2015].

## Obesity

*Situation / Problems / Solutions / Evaluation / Conclusion*

**Consumption** of **processed** and **convenience foods** and our dependence on **the car** have led to **an increase in obesity** and reduction in the fitness level of the adult population. In some countries, especially industrialized ones, **the number of obese people can amount to one third of the population** (WHO, 2015). This is significant as obesity and poor fitness lead to a **decrease in life expectancy**, and it is therefore important for individuals and governments to work together to tackle this issue and improve their citizens' diet and fitness.

**Obesity and poor fitness decrease life expectancy.** Overweight people are more likely to have **serious illnesses** such as **diabetes and heart disease**, which can result in **premature death** (Wilson, 2014). It is well known that regular exercise can reduce the risk of **heart disease and stroke**, which means that those with **poor fitness levels** are at an increased risk of suffering from those problems.

Changes by individuals **to their diet** and their **physical activity** can increase life expectancy. There is a reliance today on the consumption of processed foods, which have **a high fat and sugar content**. According to Peterson (2013), **preparing their own foods, and consuming more fruit and vegetables, people could ensure that their diets are healthier and more balanced, which could lead to a reduction in obesity levels.** However, **organising such a change in diet and a reduction of food would need to be controlled by a dietician expert, which would incur further costs.** In order to improve fitness levels, **people could choose to walk or cycle to work or to the shops rather than taking the car.** **They could also choose to walk upstairs instead of taking the lift.** These simple changes could lead to a significant improvement in fitness levels.

**Governments could also implement initiatives** to improve their citizens' eating and exercise habits. Jones (2011) argues that this could be done through education, for example by adding classes to the curriculum about healthy diet and lifestyles. **Education would be implemented in high school and would have a preventative effect on the younger generations rather than a cure for the obese older generation.** Governments could also do more to encourage their citizens to walk or cycle instead of taking the car, for instance by building more cycle lanes or increasing vehicle taxes. **While some might argue that increased taxes are a negative way to solve the problem,** Wilson (2014) highlights that it would not be any different from the high taxes imposed on cigarettes to reduce cigarette consumption.

In short, obesity and poor fitness are a significant problem in modern life, leading to lower life expectancy. Individuals and governments can work together to tackle this problem and so improve diet and fitness. Of the solutions suggested, **those made by individuals themselves are likely to have more impact,** though it is clear that a concerted effort with the government is essential for success. With obesity levels in industrialized and industrializing countries continuing to rise, it is imperative that we take action now to deal with this problem.

## SPSE Outline Plan #1

<b>Situation</b>	
<b>Problems</b>	
<b>Solutions</b>	<b>Evaluation</b>
<b>Solutions</b>	<b>Evaluation</b>
<b>Conclusion</b>	

## SPSE Outline Plan **ANSWERS**

<p><b>Situation</b></p> <p>Consumption (processed &amp; convenience food) / dependence on car = obesity          Some countries 1/3 population obese (WHO, 2015)          Obesity + poor fitness + decrease of life expectancy          Individuals + Gov. work together = improve diet + fitness</p>	
<p><b>Problems</b></p> <p>Obesity + poor fitness &lt; life expectancy          Illnesses = diabetes + heart disease (Wilson, 2013)          No regular exercise = heart disease + stroke          = increase suffering          Processed foods = high fat + sugar content</p>	
<p><b>Solutions</b></p> <p><u>Diet</u>          Preparing own food (fruit &amp; veg) = healthier / balanced = reduction of obesity (Peterson, 2013)</p> <p><u>Fitness</u>          Walk / cycle to work / shops.          Walk upstairs – no lift</p>	<p><b>Evaluation</b></p> <p>Change of diet = dietician control          Further costs</p> <p>Significant improvement in fitness</p>
<p><b>Solutions</b></p> <p><u>Government initiatives</u>          (improve eating + exercise)          Education – classes on healthy diet + lifestyle (Jones, 2011)          Gov. encourage walk / cycle schemes – cycle lanes + higher vehicle tax.</p>	<p><b>Evaluation</b></p> <p>Implemented in high school – preventative measure for younger generations.          Not a cure for obese generation.</p> <p>Tax is a negative way to solve the problem.          BUT no different than smoking (Wilson, 2014)</p>
<p><b>Conclusion</b></p> <p>Significant problem – lower life expectancy          Ind. &amp; Gov. work together to improve diet &amp; fitness          Best solution = individual decisions = more impact          BUT needs Gov. to be successful.          Important to take action NOW.</p>	