



ENGLISH | MARC HUCKLE | @ www.intercambioidiomasonline.com

Intercambio Idiomas Online

C1 MULTIPLE CHOICE:
CHILDHOOD OBESITY

Fill in the gaps in the text with the correct option (A-D). Only one answer may be possible.

Childhood Obesity

Since obesity _____ (1) began in the early 1970's, childhood obesity has more than tripled in the USA to a ridiculous rate of over 60%. Obesity is measured _____ (2) to a person's Body Mass Index (BMI), taking into account age, height and bone structure. The BMI percentile has been used worldwide to calculate the _____ (3) of childhood obesity for youngsters 1-20 as the factor of growth is an essential issue to consider in what is an exhausting process of evaluation.

The reason that childhood obesity is so _____ (4) on the agenda's of many government programmes is due to the health costs that can come about in a system that is desperately drained of funds, as a result of it.

For those who are _____ (5) as obese as a child are far more at risk of contracting a chronic illness such as asthma, type two diabetes or sleep apnea; meaning that they are more likely to cause expenses to the National Health Service in the future. As stated, in the long term, childhood obesity has repeatedly been proven to _____ (6) to becoming morbidly obese in later life and also making people dependent on costly medication to be able to maintain their weight at a stable level.

What is really important is to seek to prevent this condition from developing in the first place. Governments need to _____ (7) educational programmes and look to change potentially harmful lifestyles from starting out in the first place, only this way will there be a long-term resolution to this ongoing problem. Prevention is seen as a much more sustainable solution than simply trying to cure the results if what is quite frankly an outrageous _____ (8) to have.

- | | | | |
|-----------------|--------------|-----------------|---------------|
| 1. A. results | B. records | C. levels | D. tests |
| 2. A. referring | B. according | C. relating | D. objecting |
| 3. A. levels | B. rates | C. amounts | D. speeds |
| 4. A. high | B. important | C. essential | D. low |
| 5. A. classed | B. known | C. seen | D. recognised |
| 6. A. guide | B. take | C. follow | D. lead |
| 7. A. imply | B. insinuate | C. implement | D. force |
| 8. A. situation | B. health | C. circumstance | D. condition |

Answers:

1. B
2. B
3. B
4. A
5. A
6. D
7. C
8. D