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