

# How to fight obesity

## Pre-task:

Look at the picture: describe the man! What does he look like? What is he doing? How does he feel? Write down the vocabulary for the food on the table!



Image 1

The man is wearing ... He has a / thin / fat / small / big...

He has ... in his hand.

On the table we see ...

He is looking sad / satisfied / exhausted. I think he is ...

## Task 1:

There are many overweight people in the world, who are too fat. Together with your partner develop some tips for losing weight!

## Follow-up activity:

Tell your partner about your experiences with weight! Have you ever tried to lose weight? How did you do that?

Being fat / skinny – weighing too much / too little

1 stone – 14 pounds

1 pound – 0.45 kilogram

To lose weight – to lose pounds/stones

To be on a diet – to eat less or differently to lose weight

Obesity – condition of overweight people

## Sources

Image 1 <http://popista.com/unhealthy-person-cartoon/unhealthy-:-illustration-of/19987>