Read the following text carefully and complete it with the

missing words from the box.

Why are there so many -----1----- kids and adults in America? Is it -----2----- of the fast -----3-----restaurants? Is it because of technology? Is it because of the schools? Actually, it's all the above. But this article focuses on the schools contribution to obesity. The World Health Organization has recently released the results of health surveys taken between 2000 and 2008 on world obesity. The United States is the 3rd fattest -----4----- in the world. 66.7% of the population is obese. How sad is that? A 2009 study published in the Journal of the American Dietetic Association found that 94 percent of school lunches failed to meet the U.S. Agriculture Department's regulatory standards. None of the schools met the sodium benchmark, based on the 2005 dietary guidelines. One in five schools served lunches that met the total fat standard.

Take my school for example. Every day, my school's -----5----- serves -----6----- pizza (one time, I dabbed all the grease off with a napkin, it soaked through 13 folded napkins), french fries, greasy hamburgers, chocolate milk, and deep fried chicken nuggets/chicken fries. See what I mean? Schools all around the U.S. are serving kids -----7----- food, which contributes to teen obesity. The most common lunch from the cafeteria I see is pizza, fries, and chocolate milk. It is also clinically proven that eating healthy can also give you more energy to help you make it throughout your day. Because of this, you are more likely to focus more in class, improving Standardized Test Scores.

Of course there's more to obesity than food. The other major thing that contributes to obesity is -----8----- exercise. Some kids at school don't even have a gym class, or recess, which only contributes to teen obesity. Studies also show that you are also more likely to have more energy if you get daily exercise. It also helps you maintain your body -----9----- and keep your metabolism up.

Would you believe it if I said that homework can also contribute to obesity? Well it does. Nowadays kids have so much homework that they sometimes don't have enough -----10----- to go outside and play, which is a big problem if you don't have gym or recess.

So you see, schools are greatly -----11----- for teen obesity. And it's time to do something about it. So what I want you to do is don't order lunch from the school's cafeteria. Get outside and ride a -----12-----, or something to get you active. I guarantee it will be the -----13----- decision you will ever make. By [Stanley2015](http://www.teenink.com/users/Stanley2015) (abridged)

bike

food

country

because

weight

obese

responsible

greasy

unhealthy

smartest

cafeteria

physical

time

**A) Find antonyms of the words below in the first two paragraphs of the text.**

1. slow -----------------------

2. none ----------------------

3. happy -----------------------

4. every -------------------------

5. healthy --------------------------

6. least ---------------------------

8. less -----------------------

B) Answer the questions about the text.

1. Name some of the causes of obesity.

2. What’s the percentage of obese people in the USA?

3. What kind of food does the school cafeteria mentioned in the text provide?

4. What’s the most common lunch served in there?

5. What are the advantages of eating healthy food?

6. Why is homework part of the obesity problem?

7. Which piece of advice does the author give at the end of the text?

C) Answer these personal questions.

1. Why do you think obesity is becoming such a problem in the United States and throughout the world?

2. How often do you have unhealthy food?

3. What kind of food do you think is the least healthy?

4. What kind of food do you think is the healthiest?