

# LISTEN A MINUTE.com

## Obesity

<http://www.listenAminute.com/o/obesity.html>



One minute a day is all you need to improve your listening skills.  
Focus on new words, grammar and pronunciation in this short text.  
Doing the online activities, discussion, survey and writing will help.  
Listen many times – enough for you to you understand everything.

Follow me: <http://twitter.com/SeanBanville>

# THE LISTENING TAPESCRIPT

From: <http://www.listenAminute.com/o/obesity.html>

Obesity is a problem that is getting bigger and bigger around the world. It really hits rich countries. When people have money, they buy a lot of the wrong food. They become lazy and eat fast food. They also forget about exercise and sit in front of the TV instead. The worrying thing is that more and more children are suffering from obesity. This is a big problem. The number of overweight kids I see today is amazing. I think the reason is quite simple – junk food, video games and the Internet. When I was growing up, I had a balanced diet. I also spent most of my free time outdoors. I spent hours every day on my bike or playing football. Kids today hardly go outside. They are glued to one kind of screen or another – TV, computer or games console.



## LISTENING GAP FILL

From: <http://www.listenAminute.com/o/obesity.html>

Obesity is a problem \_\_\_\_\_ bigger and bigger around the world. It \_\_\_\_\_ countries. When people have money, they buy a lot of \_\_\_\_\_. They become lazy and eat fast food. They also forget about exercise \_\_\_\_\_ of the TV instead. The worrying thing is that more and more children are suffering from obesity. This is a big problem. The number of overweight kids \_\_\_\_\_ amazing. I think the reason is quite simple – junk food, video games and the Internet. When I was growing up, I had \_\_\_\_\_. I also spent most of my free time outdoors. I spent hours every day on my bike or playing football. Kids \_\_\_\_\_ outside. They are \_\_\_\_\_ kind of screen or another – TV, computer or games console.



## CORRECT THE SPELLING

From: <http://www.listenAminute.com/o/obesity.html>

Obesity is a rlbeomp that is getting bigger and bigger around the world. It really hits rich countries. When people have money, they buy a lot of the wgrno food. They become lazy and eat fast food. They also forget about isecrxee and sit in front of the TV ntiaesd. The worrying thing is that more and more children are ursfnfegi from obesity. This is a big problem. The number of overweight kids I see today is nzmaagi. I think the reason is quite simple – junk food, video games and the Internet. When I was goigrnw up, I had a daabelnc diet. I also spent most of my free time dotsuoor. I spent hours every day on my bike or playing football. Kids today hardly go outside. They are dugel to one kind of screen or another – TV, computer or games console.



## UNJUMBLE THE WORDS

From: <http://www.listenAminute.com/o/obesity.html>

Obesity is a problem that is getting bigger and bigger around the world. It countries rich hits really. When people have money, they buy a lot of the wrong food. food become and fast They lazy eat. They also forget about exercise and sit in front of the TV instead. The worrying thing that and children is more more are suffering from obesity. This is a big problem. The number I of see overweight today kids is amazing. I think the reason is quite simple – junk food, video games and the Internet. had diet was I balanced I up a When growing ,. I also spent most of my free time outdoors. I spent hours bike playing day my or every on football. Kids today hardly go outside. are They screen of kind one to glued or another – TV, computer or games console.



 **DISCUSSION** (Write your own questions)

**STUDENT A's QUESTIONS** (Do not show these to student B)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

Copyright © [www.listenAminute.com](http://www.listenAminute.com)

---

 **DISCUSSION** (Write your own questions)

**STUDENT B's QUESTIONS** (Do not show these to student A)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_



# STUDENT OBESITY SURVEY

From: <http://www.listenAminute.com/o/obesity.html>

Write five GOOD questions about obesity in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.





## **HOMEWORK**

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET INFO:** Search the Internet and find more information about obesity. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about obesity. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. OBESITY POSTER** Make a poster about obesity. Show it to your classmates in the next lesson. Give each other feedback on your posters.

**5. MY OBESITY LESSON:** Make your own English lesson on obesity. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

**6. ONLINE SHARING:** Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on obesity. Share your findings with the class.

