

EXHIBIT 6.7. Problem-Solution Cloze

As you've probably heard, more people are overweight today than ever before. Obesity is a medical term for carrying unhealthy weight on your body which can lead to other health problems. Obesity can affect kids and teens as well as _____. So, younger people are now getting health problems that used to affect only adults, like high blood pressure, high cholesterol, and type 2 diabetes.

There are many causes of obesity. Some people have a genetic tendency to gain _____ more easily than others. Although genes strongly influence body type and size, the environment also plays a role. Some people are gaining weight because of unhealthy _____ choices (like fast food) and a lack of exercise. People can be tricked or pressured to make these choices by online advertising and TV commercials. Other people may experience obesity because of other health problems or medications they are taking.

Obesity can lead to many negative health effects. Being overweight increases the risk of developing diabetes, heart disease, high blood pressure, and other serious health conditions. Obesity can also affect a person's overall health and well-being. For example, it _____ affect energy levels, sleep, and self-esteem.

While obesity is a major problem in our society, there are steps we can _____ in order to address it. Making an effort to get more exercise each day can help. Even simple things like taking the stairs or walking to school can have a positive effect. Cutting down on fast food and sugary drinks is _____ way to lead a healthier lifestyle. Learning about the _____ and effects of this problem and sharing this information with others are big steps toward promoting a healthy lifestyle.

It is also important to remember that bodies come in all shapes and sizes and there isn't a "right" weight for someone to be. What is most important is that your body is at a healthy weight for you and that you feel good about yourself.

Source: Adapted from Mary L. Gavin, "Review of 'When Being Overweight Is a Health Problem.'" Retrieved from <http://kidshealth.org>. <https://kidshealth.org/en/teens/obesity.html>⁷

Completed Problem-Solution Cloze

Note: This portion of the exhibit should not be reproduced for student use.

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There are many causes of obesity. Some people have a genetic tendency to gain **weight** more easily than others. Although genes strongly influence body type and size, the environment also plays a role. Some people are gaining weight because of unhealthy **food** choices (like fast food) and a lack of exercise. People can be tricked or pressured to make these choices by online advertising and TV commercials. Other people may experience obesity because of other health problems or medications they are taking.

Obesity can lead to many negative health effects. Being overweight increases the risk of developing diabetes, heart disease, high blood pressure, and other serious health conditions. Obesity can also affect a person's overall health and well-being. For example, it **can** affect energy levels, sleep, and self-esteem.

While obesity is a major problem in our society, there are steps we can **take** in order to address it. Making an effort to get more exercise each day can help. Even simple things like taking the stairs or walking to school can have a positive effect. Cutting down on fast food and sugary drinks is **another** way to lead a healthier lifestyle. Learning about the **causes** and effects of this problem and sharing this information with others are big steps toward promoting a healthy lifestyle.

It is also important to remember that bodies come in all shapes and sizes and there isn't a "right" weight for someone to be. What is most important is that your body is at a healthy weight for you and that you feel good about yourself.

Source: Adapted from "When Being Overweight Is a Health Problem," (2018). Reviewed by Mary L. Gavin, June. Retrieved from <http://kidshealth.org>. <https://kidshealth.org/en/teens/obesity.html>⁸