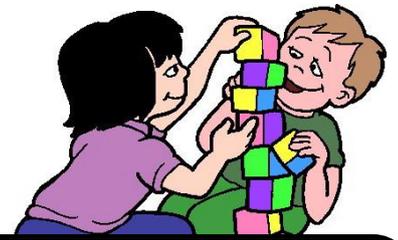


C 5.3 LET US PLAY



C 5.3.3.

We differentiate between games we follow on mass media and games we take part in.



A. Look at the picture, read, think, and then answer.

Today, Saturday 14th 2014. Eight in the evening. Malta seems to have come to a standstill. There is no one on the streets. Everyone is inside in front of the television. In the bars everyone is fixated on the big screen. The Italian football team is playing against the British football team. The game is one in a series of qualifying games for the final phase for the football World Cup which is being held in Brazil.

One can get the impression that the Maltese and the Gozitans are a very sporty people seeing as how everyone stopped to watch this game of football. However, interest in foreign teams of football, does not make us a sporty people. In fact, we can say that in the Maltese Islands we have a big problem of **obesity**, meaning people are **too fat**.

Here in Malta, obesity has become a very big problem, both in adults as well as in kids. Obesity is primarily caused by two things:

- a) Food high in fat
- b) Lack of exercise



There is no doubt that obesity and too much fat are leading to a lot of ill health. And even if you do not get sick, you do not feel well if you are obese.

We have to take charge and fight against obesity.

Answer.

1. Explain the word '**obesity**' in your own words.

2. Mention two ways in which we can fight the problem of obesity

- a) _____
- b) _____

3. Name a type of food which does not help to be healthy.

4. Name three food products which are not fattening.

- a) _____
- b) _____

c) _____

5. What could happen to a person if they do not pay attention to their health and end up being too fat?

B. Answer by filling in the blanks by the words provided.

fried walk healthy breath
move sick fish sweets



There is no doubt that the food we eat decides for us whether we are healthy or _____, whether we are fat or fit. Those who always eat hamburgers, chips _____ in oil, packed foods and loads of _____, cannot avoid ruining their health. Our bodies' need a bit of milk daily, vegetables, meat and a plate of _____ if one wants to be healthy. We must eat a balanced diet.

Then it is very important that we _____. If we keep insisting that our parents drive us everywhere by car, if we never _____, we never ride a bicycle, never swim and if all we do is sit, we can never be _____. When we spend our lives sitting down and always inside, we start to suffer from shortness of _____ straight away and we do not feel well. It is important we eat well and exercise often.