

Obesity

Quotations "People who lie to themselves about investing are the same as overweight people who blame their genes for their obesity."
- Robert Kiyosaki

"Shrinking someone's stomach to the size of a walnut with surgery is one way to battle obesity and diabetes and may be lifesaving for a few, but it doesn't address the underlying causes."
- Mark Hyman

- Questions**
- What do you know about obesity?
 - How does it differ from anorexia or bulimia?
 - Should there be a "food tax" to encourage healthy eating?
 - Is obesity increasing in your country? Why do you think that is?
 - Is it unethical to eat too much?
 - Is obesity a global issue which causes harm to everyone?
 - Do you think there is a link between obesity and other social behaviours?
 - What are some of the health issues that result from obesity?
 - Do you feel that "big is beautiful"?
 - Should the government pay for medical help to cure obesity?
 - Do you want to be bigger?
 - Is obesity the next big challenge for mankind?

Presentation Create a diet and health plan for your local community sports centre. What should people eat on a weekly basis? What activities are best for different ages? Share your ideas with the class.