USA counts the calories

According to **CBS News**, around 35 per cent of all Americans are **overweight.**

Today, one in five children in the US is too heavy, and seven per cent of all American schoolkids are dangerously overweight. Health problems range from **heart disease, cancer, stroke** to **diabetes** and cost the US **economy** around $147 billion per year.

As Jamie Oliver found out when he tried to **promote** healthy food in Kentucky, many Americans don’t even know what they are eating. Oliver interviewed a mother who was **feeding** her children on burgers, tortilla chips and Kentucky Fried Chicken, and he was totally shocked: “I want you to know that this is going to kill your children early“, he told her.

“When people eat away from home they eat more and they eat worse … They don’t know what’s in fast food, and they’re often shocked to find out“, Brownell, director of the **Institute of Food Policy and Obesity** at Yale University, told the New York Times. For example, most people don’t know that a large glass of Coke has nearly 170 kcal and that Big Mac has 500 kcal.

**material 1 - yellow**

to count the calories 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CBS News 🡪 American newspaper

to be overweight 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

heart disease 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

cancer 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

stroke 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

diabetes 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

economy 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

to promote 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

to feed a child 🡪 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Institute of Food Policy and Obesity 🡪 Institut für Nahrungsmittel und Fettleibigkeit

**→ Make your blog entry on poster.**

**→ Everybody must be able to present the results.**

**→ Put blog-entry on poster on the wall.**