

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.