

# Reasons for obesity

## Pre-task:

Look at the pictures or read up on the internet on the topic of “spare tyre”, e.g. with the article “[Tyre trouble](#)”. Discuss: What is a spare tyre? Where would a person have a “spare tyre”?



Image 1



Image 2

## Task 1:

The topic of obesity is often discussed in the press. People are getting fatter and fatter. What are the reasons for this? Consider with your partner: Why do people put on weight? And what can they do about it?

## Follow-up activity:

What problems suffer people, who are too fat? Look at the picture and look up the words of these illnesses in your language.

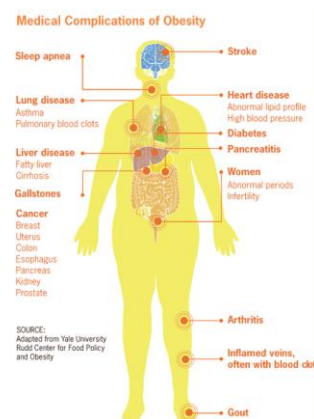


Image 3

## Sources

- Image 1 <https://www.flickr.com/photos/bearpark/13911267474>  
Image 2 <https://pixabay.com/en/lake-constance-lake-water-nature-1937138/>  
Text 1 <https://www.theguardian.com/lifeandstyle/2016/jul/25/whats-the-best-way-to-lose-abdominal-fat>  
Image 3 [https://commons.wikimedia.org/wiki/File:Medical\\_complications\\_of\\_obesity.png](https://commons.wikimedia.org/wiki/File:Medical_complications_of_obesity.png)