

# Overweight Britain

## Topic

Obesity in the UK, healthy eating

## Aims

- To predict information about obesity in the UK
- To practise speaking skills in a role play and in a discussion
- To practise reading skills
- To design an informative poster

## Age group

11-18

## Level

B1 +

## Time

60 - 90 minutes

## Materials

1. Overweight Britain student worksheet
2. Internet links : <http://www.theguardian.com/news/datablog/2014/may/29/how-obese-is-the-uk-obesity-rates-compare-other-countries>  
[http://www.noo.org.uk/NOO\\_about\\_obesity/child\\_obesity](http://www.noo.org.uk/NOO_about_obesity/child_obesity)  
<http://www.theguardian.com/lifeandstyle/2014/jun/23/truth-about-obesity-10-shocking-things-need-to-know>

## Lesson plan

### Introduction

Obesity is on the rise in many countries, and the UK is no exception, with adult obesity at over 60% and child obesity around 33%. Talking about this topic may be a sensitive issue for many young people so think a little about the students in the group you are planning to use it with beforehand. I would only approach this topic with groups I knew reasonably well and with students who are mature enough to talk about the issues involved. You could link this lesson up nicely with telling your students about Jamie Oliver's school dinner programme or use it as a starting point to talking about food and eating habits in the UK.

Task 1 is a simple gap fill exercise giving some statistics about the UK's obesity 'epidemic' as it sometimes referred to. Task 2 is a calorie quiz which requires the assistant to collect some food wrappers in advance. Task 3 is a role-play about vending machines in schools and Task 4 is a reading text from Trend UK entitled 'Body Beautiful'. Task 5 offers some discussion statements on the theme of health and nutrition and Task 6 is for students to work together to design a poster to encourage a healthier lifestyle.

### Procedure

<b>1. Task 1 – Guess the statistics</b>	<p>This task is a simple introduction to the situation in Britain. All the information was found on various websites (see links above) and may not be accurate at the time of giving the lesson, so adapt the task accordingly. You could even focus on new statistics (whether obesity has increased or decreased).</p> <p>Ask students to read the statements in pairs and try to predict the answers.</p> <p>Answers 1) 33% 2)67% (men) 57% (women) 3)3,000 4) 23%</p> <p>Students can discuss in groups the discussion questions – ask them to justify their opinions</p>
<b>2. Calorie Quiz</b>	<p>Collect food wrappers that have nutritional information on the side. Use local products that the students are familiar with such as – cereal boxes, crisp packets, biscuit packets etc. Put students into teams to do the quiz. Ask students to guess how many calories are in each item you show them and award points to the team who gets the closest guess. You could ask questions like 'which one of these has more calories – the cheese or the chocolate bar?' (holding up the corresponding wrappers.) Award points accordingly when students get the answers right.</p>
<b>3. Task 2 – Vending machine role play</b>	<p>If the school you work in has any vending machines then use them as a starting point to ask your students a few questions about the machines. Who uses the machines regularly? What do they buy? Are the snacks healthy? etc. etc. Many schools in the UK have tried to get rid of vending machines full of unhealthy snacks. If you have a high level group, start the task by reading these articles together and discussing the issues that arise.</p> <p><a href="http://news.bbc.co.uk/1/hi/education/4289650.stm">http://news.bbc.co.uk/1/hi/education/4289650.stm</a>- School's Healthy Vending Struggle. <a href="http://news.bbc.co.uk/1/hi/education/4428152.stm">http://news.bbc.co.uk/1/hi/education/4428152.stm</a> Vending Machine Ban Simplistic.</p>

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	Put students into groups of four and give each student a role card to discuss the issues connected with vending machines in schools. Students might need time to read the information and make some notes.
<b>4. Task 3 – reading- The body beautiful</b>	This is a reading task from the British Council’s Trend UK team. Ask students to read it and choose the correct paragraph headings. Use the text to provoke discussion and to compare the ideas and issues with the country you are working in. You could use the discussion statements in the next task as a follow-on activity. 1 - d, 2 - a, 3 - c, 4 - b
<b>5. Discussion</b>	Cut up the statements and give them out to small groups to discuss together. If necessary, feed in the language the students need to agree and disagree and write it up on the board to support weaker students.
<b>6. Task 4 – Poster Campaign</b>	Students could do this task in small groups. Explain what a slogan is and then share some ideas as a whole group before asking students to design the poster themselves.

### Contributed by

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