heads up
English's store

find solutions.
reach goals.
engage your students.

awesome resources ready for immediate download!

Become a Better Language Teacher
Join the Newsletter for Ideas, Answers, and Help!

30 Day Money Back Guarantee
Secure Checkout
Obesity and Cancer Linked

Obesity causes numerous ailments, from heart disease to diabetes to cancer. In fact, the American Institute for Cancer Research estimates that in excess of 100,000 cases of cancer occur yearly in the US because of obesity. This statement comes from evidence extrapolated from the annual number of cancer cases. It is the first evidence that demonstrates the link between cancer and obesity on such an immense scale. Furthermore, it has already been realized that obesity markedly shortens the survival rate of individuals afflicted with cancer. Leaner and healthier lifestyles are key to reducing cancer risks.

It should come as no surprise that obesity oftentimes starts at a young age, with children observing and mimicking the eating habits of their parents. If mom and dad are frequenters of fast food joints, it sends a clear signal that hamburgers, fries, and jumbo-sized soft drinks are a reasonable diet choice.

New evidence indicates that the origin of weight problems later in life can be subtler than cheeseburgers and the like. If kids drink two or more sweetened drinks daily as early as five years of age, then they tended to weigh more and have higher contents of body fat than kids who abstained from sweetened drinks. In addition, past studies irrefutably indicate that overweight teens have a greater likelihood of becoming obese as adults, leading to health problems like cancer.

In short, obesity is more than a passing concern. It is reaching epidemic proportions, with the disease starting as young as childhood. Clearly something must be done.

Teacher's Notes:

* Underlined words in red typeface are the recommended vocabulary for this lesson.
Obesity and Cancer Linked

Select one or all of the following warm-up activities.

1: **Define:** What does "obesity" mean? Can you use it in a sentence? Can you give examples?

2: **Brainstorm:** Brainstorm with a partner(s) words and ideas associated with "obesity" for 2 minutes. Spend another 5 minutes or less discussing the words and ideas together.

3: **Title:** Speculate and/or discuss the contents of today's article from its title: "Obesity and Cancer Linked."

4: **Speculate:** Write in the missing word for today's article title: "Obesity and ( ) Linked." Why did you choose this word for the blank?

5: **Do you agree or disagree? Why?**

   a. Obesity is a serious problem.
   b. Obesity should be labeled a disease like cancer or AIDS.
   c. Cancer is a serious problem.
   d. Obesity causes cancer.
   e. I'm very concerned about my health.
VOCABULARY

Select one of the following vocabulary acquisition activities.

1: Vocabulary match: Individually or in pairs/groups, match the words in column A (from the article) with the best choice in column B.

| a. ailment | b. extrapolate | c. immense | d. markedly | e. afflict | f. mimic | g. frequenter | h. abstain | i. irrefutable | j. proportion |
| q. conclude | r. become ill | s. degree | t. customer | u. obvious | v. avoid | w. disease | x. without questions | y. imitate | z. huge |

2: Fill in the Blanks: Fill in the blank with the correct word.

<table>
<thead>
<tr>
<th>Sentence</th>
<th>Word</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity causes numerous (ailments), from heart disease to diabetes to cancer.</td>
<td>markedly</td>
</tr>
<tr>
<td>This statement comes from evidence (extrapolated) from the annual number of cancer cases.</td>
<td>immensely</td>
</tr>
<tr>
<td>The link between cancer and obesity is on an (immense) scale.</td>
<td>proportion</td>
</tr>
<tr>
<td>It has already been realized that obesity (markedly) shortens the survival rate.</td>
<td>afflicted</td>
</tr>
<tr>
<td>Obese individuals (afflicted) with cancer live shorter lives.</td>
<td>proportion</td>
</tr>
<tr>
<td>Obesity starts at a young age, with children (markedly) the eating habits of their parents.</td>
<td>mimic</td>
</tr>
<tr>
<td>It mom and dad are (frequenter) of fast food joints, then kids think it is a reasonable diet choice.</td>
<td>proportion</td>
</tr>
<tr>
<td>Kids tended to weigh more than kids who (frequenter) from sweetened drinks.</td>
<td>proportion</td>
</tr>
<tr>
<td>Past studies (irrefutably) indicate that overweight teens become obese as adults.</td>
<td>proportion</td>
</tr>
<tr>
<td>Obesity is reaching epidemic (proportion), with the disease starting as young as childhood.</td>
<td>proportion</td>
</tr>
</tbody>
</table>

3: Define: Define each word, correctly pronounce it, explain the meaning and/or usage, and offer an example sentence to the class.

<table>
<thead>
<tr>
<th>Word</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. ailment</td>
<td></td>
</tr>
<tr>
<td>b. extrapolate</td>
<td></td>
</tr>
<tr>
<td>c. immense</td>
<td></td>
</tr>
<tr>
<td>d. markedly</td>
<td></td>
</tr>
<tr>
<td>e. afflicted</td>
<td></td>
</tr>
<tr>
<td>f. mimic</td>
<td></td>
</tr>
<tr>
<td>g. frequenter</td>
<td></td>
</tr>
<tr>
<td>h. abstain</td>
<td></td>
</tr>
<tr>
<td>i. irrefutable</td>
<td></td>
</tr>
<tr>
<td>j. proportion</td>
<td></td>
</tr>
</tbody>
</table>
1: Word Search: Find the target words (in bold). Time yourself, and see how many words you can find in three minutes, five minutes, or ten minutes.

<table>
<thead>
<tr>
<th>frequenters</th>
<th>abstained</th>
<th>mimicking</th>
<th>extrapolated</th>
<th>immense</th>
</tr>
</thead>
<tbody>
<tr>
<td>markedly</td>
<td>ailments</td>
<td>irrefutably</td>
<td>afflicted</td>
<td>proportions</td>
</tr>
</tbody>
</table>

frequenters abstained mimicking extrapolated immense
markedly ailments irrefutably afflicted proportions

2: Target Word Pool: Find the target words (in bold) with their exact match. Time yourself, and see how many words you can find in three minutes, five minutes, or ten minutes.

<table>
<thead>
<tr>
<th>frequenters</th>
<th>abstained</th>
<th>mimicking</th>
<th>extrapolated</th>
<th>immense</th>
</tr>
</thead>
<tbody>
<tr>
<td>markedly</td>
<td>ailments</td>
<td>irrefutably</td>
<td>afflicted</td>
<td>proportions</td>
</tr>
</tbody>
</table>

frequenters abstained mimicking extrapolated immense
markedly ailments irrefutably afflicted proportions

ale mimicking earmarked afflicted proposed imminent
frequenter ailed impressed fusion stained infrequently
make proportioned
afflicts irresponsible proportions proportionate
ailment impossibly
marked
abstained
proportionate
impressive ailing
frequented
mimicked irrefutable
afflicting
abstaining
mimicked imminent
infrequently
abstains
aillings
mimicked
abstains
immenseness
irrefutably
proportion proportionate
afflicts
abstains
mimic
abstains
afflict
earmark
Obesity and Cancer Linked

pre- or post-COMPREHENSION

1: Word Association: Brainstorm words associated with today's topic for two minutes. Present to the class.

2: Brainstorm Questions: Brainstorm questions that you would like to ask about today's topic. Answer the questions without looking at the article.

3: True or False?: Guess (before the article) or answer (after the article) whether the sentence is true or false. If false, correct the sentence.

a. Cancer can cause obesity, as does diabetes and heart disease. T / F
b. Obese people with cancer don't live as long as others with cancer. T / F
c. According to the article, children pick up eating habits from their parents. T / F
d. Obesity is easily controlled by limiting cheeseburgers and other fast foods. T / F
e. According to the article, obesity is nearly an epidemic. T / F

4: Questions: Answer the questions to check comprehension.

a. How many cancer cases occur yearly because of obesity?
b. What does the article say about survival rates for obese people with cancer?
c. What does the article say about parents who often go to fast food restaurants?
d. What is the link between obesity, childhood, and sweetened drinks?
e. How does the article conclude?

5: Vocabulary: In pairs/groups, remember how the words were used in today's article.

a. ailment  b. extrapolate  c. immense  d. markedly  e. afflicted  f. mimicking  g. frequenters  h. abstained  i. irrefutably  j. proportions

6: Fragments: Remember how the fragments were used, and complete the sentence from today's article.

a. Obesity causes numerous ailments, from...
b. Leaner and healthier lifestyles are...
c. It mom and dad are frequenters of fast food joints, it sends a clear signal that...
d. New evidence indicates that the origin of weight problems later...
e. It is reaching epidemic proportions, with the...
Obesity and Cancer Linked
Advanced

post-COMPREHENSION

1: Vocabulary: Circle any additional unknown words/phrases in the article. In pairs/groups, use your dictionaries to understand the meanings. Present to the class.

2: Class Questions: Read through the article once more, and write down any questions that you would like to discuss in pairs/groups or as a class. Discuss.

3: Summarize: Work with a partner to summarize the article in your own words.

4: Discuss: Talk about the following questions in pairs/groups. Remember to support your answers!

   a. Did you like this article?
   b. What was your general impression after reading this article?
   c. How serious of a problem is obesity? Please explain.
   d. What are some reasons that people become obese? Are any of these preventable?
   e. What additional health problems are caused by obesity?
   f. How concerned are you with your health? What do you do to stay healthy?
   g. How concerned are you with serious illnesses, like cancer? Please explain.
   h. Were you surprised that obesity can begin from something simple like sweetened drinks?
   i. What should parents do in order to prevent obesity in their children?
   j. Should the government or other organizations do anything to limit obesity?

5: Discuss: What can be done to prevent obesity, in turn limiting the risk of cancer? Brainstorm and discuss ideas with a partner in the following categories, then share these with another pair of classmates.

   Education:
   Medicine:
   Legal:

   ???:

6: Google Search: Type "obesity" into Google news and read additional articles on this topic. Discuss or write an essay about your findings.
Obesity and Cancer Linked

Obesity causes numerous ailments, from heart disease to diabetes to cancer. In fact, the American Institute for Cancer Research estimates that in excess of 100,000 cases of cancer occur yearly in the US because of obesity. This statement comes from evidence extrapolated from the annual number of cancer cases. It is the first evidence that demonstrates the link between cancer and obesity on such an immense scale. Furthermore, it has already been realized that obesity markedly shortens the survival rate of individuals afflicted with cancer. Leaner and healthier lifestyles are key to reducing cancer risks.

It should come as no surprise that obesity oftentimes starts at a young age, with children observing and mimicking the eating habits of their parents. If mom and dad are frequenters of fast food joints, it sends a clear signal that hamburgers, fries, and jumbo-sized soft drinks are a reasonable diet choice.

New evidence indicates that the origin of weight problems later in life can be subtler than cheeseburgers and the like. If kids drink two or more sweetened drinks daily as early as five years of age, then they tended to weigh more and have higher contents of body fat than kids who abstained from sweetened drinks. In addition, past studies irrefutably indicate that overweight teens have a greater likelihood of becoming obese as adults, leading to health problems like cancer.

In short, obesity is more than a passing concern. It is reaching epidemic proportions, with the disease starting as young as childhood. Clearly something must be done.
Obesity and Cancer Linked

Obesity and Cancer Linked

Obesity causes numerous (a. _______________), from heart disease to diabetes to cancer. In fact, the American Institute for Cancer Research estimates that in excess of 100,000 cases of cancer occur yearly in the US because of obesity. This statement comes from evidence (b. _______________) from the annual number of cancer cases. It is the first evidence that demonstrates the link between cancer and obesity on such an (c. _______________) scale. Furthermore, it has already been realized that obesity (d. _______________) shortens the survival rate of individuals (e. _______________) with cancer. Leaner and healthier lifestyles are key to reducing cancer risks.

It should come as no surprise that obesity (f. _______________) starts at a young age, with children observing and (g. _______________) the eating habits of their parents. It mom and dad are (h. _______________) of fast food joints, it sends a clear signal that hamburgers, fries, and (i. _______________)-sized soft drinks are a reasonable diet choice.

New evidence indicates that the origin of weight problems later in life can be subtler than cheeseburgers and the (j. ________________). If kids drink two or more (k. _______________) drinks daily as early as five years of age, then they tended to weigh more and have higher contents of body fat than kids who (l. _______________) from sweetened drinks. In addition, past studies (m. _______________) indicate that overweight teens have a greater likelihood of becoming obese as adults, leading to health problems like cancer.

In short, obesity is more than a passing concern. It is reaching epidemic (n. _______________), with the disease starting as young as (o. ________________). Clearly something must be done.
Obesity and Cancer Linked

Obesity causes numerous ailments, from heart disease to diabetes to cancer. In fact, the American Institute for Cancer Research estimates that in excess of 100,000 cases of cancer occur yearly in the US because of obesity. This statement comes from evidence extrapolated from the annual number of cancer cases. a) ______ ___________________________________________________________________________. Furthermore, it has already been realized that obesity markedly shortens the survival rate of individuals afflicted with cancer. Leaner and healthier lifestyles are key to reducing cancer risks.

b) ___________________________________________________________________________, with children observing and mimicking the eating habits of their parents. It mom and dad are frequenters of fast food joints, c) __________________________________________________________________________.

d) __________________________________________________________________________ cheeseburgers and the like. If kids drink two or more sweetened drinks daily as early as five years of age, then they tended to weigh more and have higher contents of body fat than kids who abstained from sweetened drinks. In addition, past studies irrefutably indicate that overweight teens have a greater likelihood of becoming obese as adults, leading to health problems like cancer.

In short, obesity is more than a passing concern. It is reaching epidemic proportions, e) ________________ ___________________________________________________________________________. Clearly something must be done.
Obesity and Cancer Linked
Advanced

ANSWER KEY

Vocabulary
1. Vocabulary Match:

| a. w | f. y |
| b. q | g. t |
| c. z | h. v |
| d. u | i. x |
| e. r | j. s |

2. Fill in the Blanks:

| a. ailments | f. mimicking |
| b. extrapolated | g. frequenters |
| c. immense | h. abstained |
| d. markedly | i. irrefutably |
| e. afflicted | j. proportion |

pre- or post-Comprehension
1. True or False:

| a. F | b. T | c. T | d. F | e. T |

2. Fragments:

| a. heart disease to diabetes to cancer. | b. key to reducing cancer risks. | c. hamburgers, fries, and jumbo-sized soft drinks are a reasonable diet choice. | d. in life can be subtler than cheeseburgers and the like. | e. disease starting as young as childhood. |

Student Handout
1. Fill in the Blanks

| a. ailments | i. jumbo |
| b. extrapolated | j. like |
| c. immense | k. sweetened |
| d. markedly | l. abstained |
| e. afflicted | m. irrefutably |
| f. oftentimes | n. proportions |
| g. mimicking | o. childhood |
| h. frequenters | |

2. Extended Listening

a. It is the first evidence that demonstrates the link between cancer and obesity on such an immense scale.

b. It should come as no surprise that obesity oftentimes starts at a young age.

c. it sends a clear signal that hamburgers, fries, and jumbo-sized soft drinks are a reasonable diet choice.

d. New evidence indicates that the origin of weight problems later in life can be subtler than cheeseburgers and the like.

e. with the disease starting as young as childhood.