

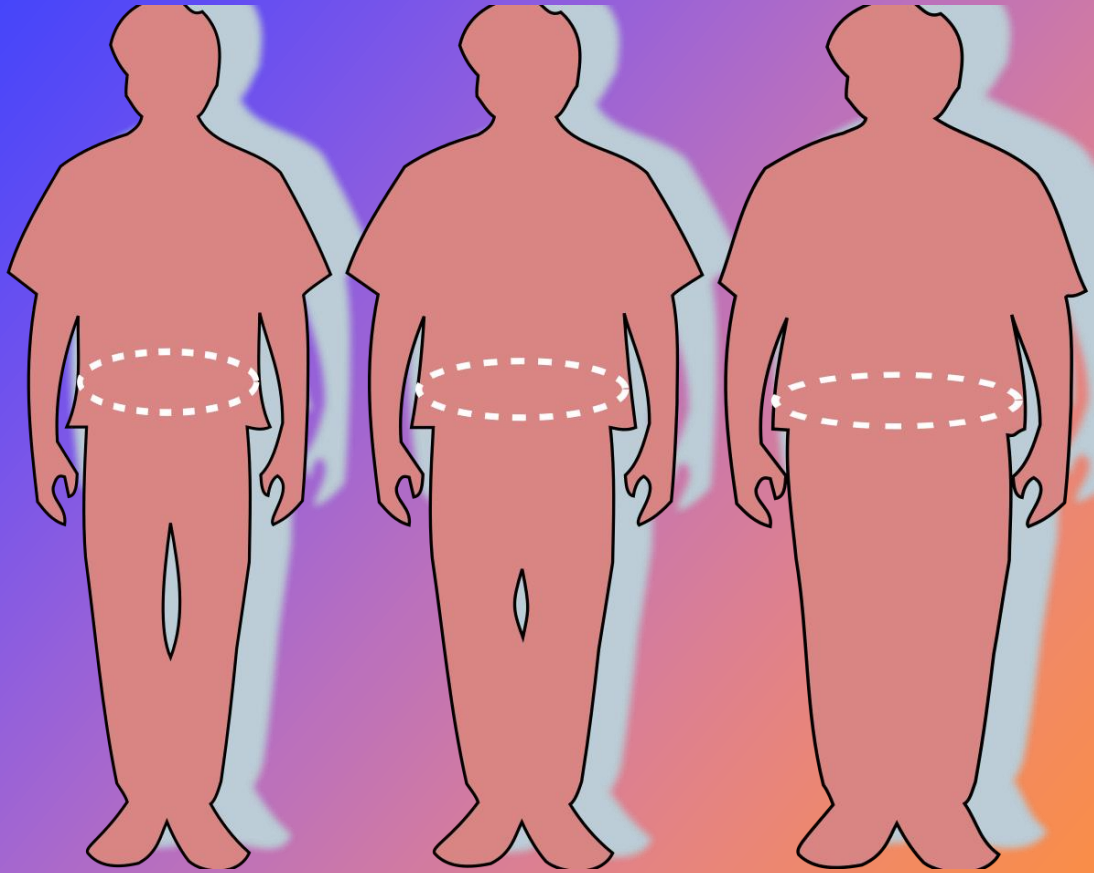
OBESITY

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Watch the video and answer the questions.



What do we mean
by
obesity?



WHAT ARE THE CAUSES OF OBESITY?

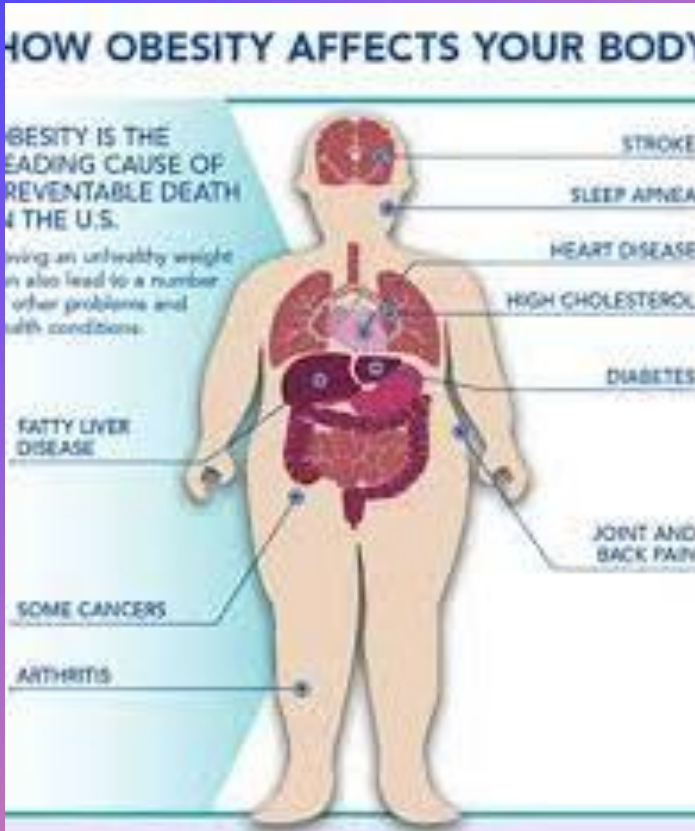


Why obesity is a problem?



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what obesity
can
do?

●



How can we solve obesity?

1 HAVE A HEALTHY DIET

KEEP A HEALTHY DIET

DIET

www.myCHN.org

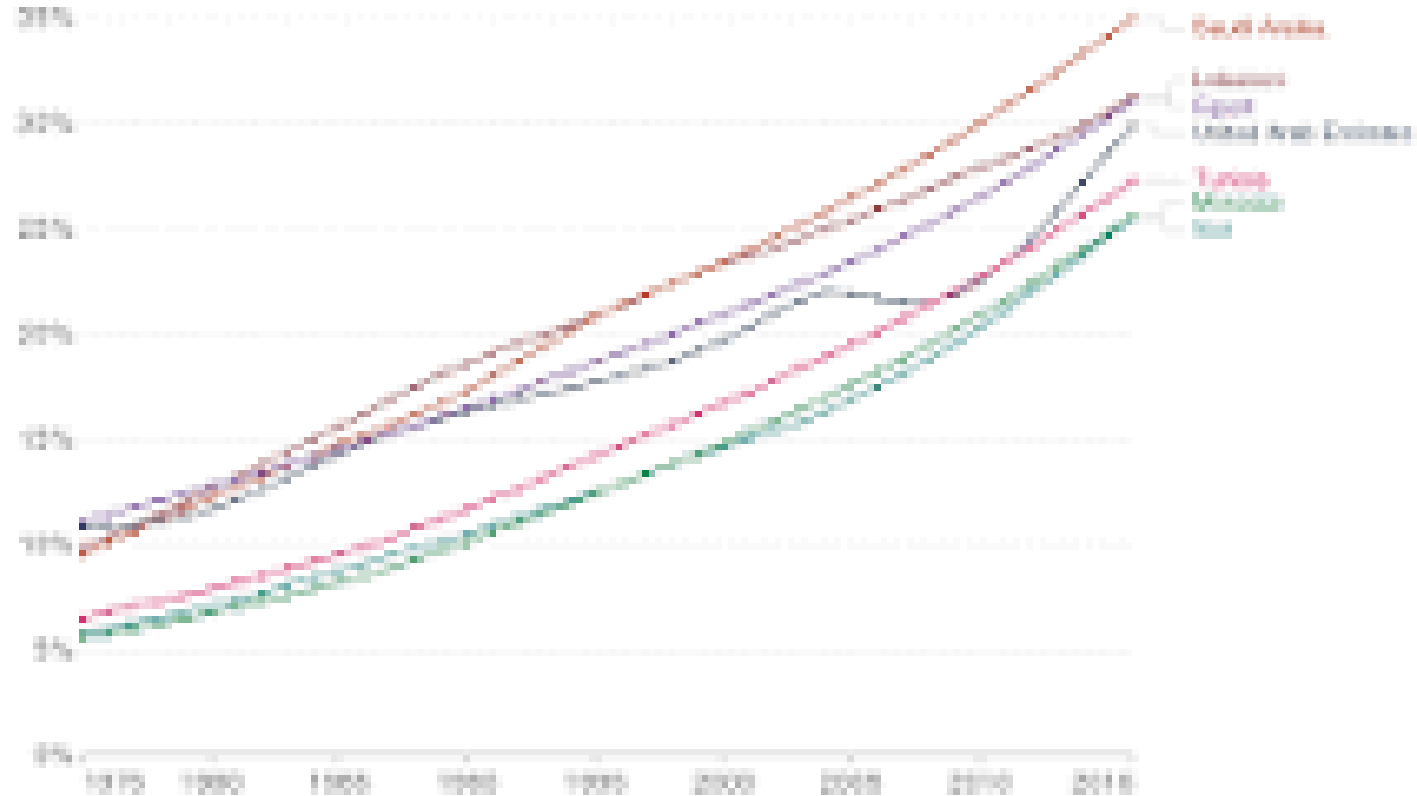
The CDC recommends children having a healthy diet which is comprised of fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy.

In other words, kids should try to **"Eat the Rainbow"** with every meal to make sure they are getting all the nutrients they need.

Why does middle east have high obesity rate?

Share of adults that are obese, 1975 to 2016

Obesity is defined as having a body-mass index (BMI) equal to, or greater than, 30. BMI is a person's weight (in kilograms) divided by their height (in meters) squared.



Source: WHO, Global Health Observatory