**READING: Childhood obesity**

**Fill in the blanks with the correct sentences**

For years, we've known about the epidemic of childhood obesity in America. We've heard the statistics—how one third of all kids in this country are either overweight or obese. We've seen the effects on how our kids feel, and how they feel about themselves. And we know the risks to their health and to our economy—the billions of dollars we spend each year **-1**- like heart disease, diabetes, and cancer.

But we also know that it wasn't always like this. Back when many of us were growing up, we led lives that kept most of us at a pretty healthy weight. We walked to school every day, ran around at recess and gym and for hours before dinner, and **-2-** that always seemed to have a vegetable on the plate.

For many kids today, those walks to school have been replaced by car and bus rides. Afternoons playing outside have been replaced with afternoons inside with TV, videogames, and the Internet. And **-3-** , or multiple jobs, they don't have time for family meals around the table anymore.

It's now clear that between the pressures of today's economy and **-4-** , the well-being of our kids has too often gotten lost in the shuffle.

And let's be honest with ourselves: our kids didn't do this to themselves. Our kids don't decide what's served in the school cafeteria or **-5-**. Our kids don't choose to make food products with tons of sugar and sodium in supersize portions, and then have those products marketed to them everywhere they turn. And no matter how much they beg for fast food and candy, our kids shouldn't be the ones calling the shots at dinnertime. We're in charge. We make these decisions.

1. about helping grocery stores serve communities
2. ate home-cooked meals
3. can reach adulthood at a healthy weight
4. cooking five-course meals from scratch
5. instead, it's about what all of us can do to help our kids lead active lives
6. the breakneck pace of modern life
7. treating obesity-related conditions
8. we've got a long way to go to reach our goals
9. whether there's time for gym class or recess
10. with many parents working longer hours

KEY

1. g
2. b
3. j
4. f
5. i

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For many kids today, those walks to school have been replaced by car and bus rides. Afternoons playing outside have been replaced with afternoons inside with TV, videogames, and the Internet. **And with many parents working longer hours**, or multiple jobs, they don't have time for family meals around the table anymore.

It's now clear that between the pressures of today's economy **and the breakneck pace of modern life**, the well-being of our kids has too often gotten lost in the shuffle.

And let's be honest with ourselves: our kids didn't do this to themselves. Our kids don't decide what's served in the school cafeteria or **whether there's time for gym class or recess**. Our kids don't choose to make food products with tons of sugar and sodium in supersize portions, and then have those products marketed to them everywhere they turn. And no matter how much they beg for fast food and candy, our kids shouldn't be the ones calling the shots at dinnertime. We're in charge. We make these decisions.