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Level 3 – 16th August, 2018

Tonga prime minister challenges leaders to lose weight

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<https://breakingnewsenglish.com/1808/180816-losing-weight.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

The prime minister of Tonga has challenged leaders of other Pacific nations to lose weight. He is asking them to join the fight against obesity by taking part in a one-year-long weight loss challenge. The prime minister, Akilisi Pohiva, told the Samoa Observer newspaper that he will set the challenge when leaders meet at the Pacific Island Forum in the tiny nation of Nauru in September. He said: "We should all get together for a weight-loss competition for an entire year, so when we meet the following year, we will weigh in again and see who has lost the most." He added: "We have been [talking about] the same issue, over the years but it doesn't seem to work."

Mr Pohiva also spoke about Tonga's life expectancy going down because of obesity and weight-related issues. He said: "It is now down to 68 years old, yet at one stage it was 71. It has reduced significantly." He hopes his weight-loss challenge will encourage Pacific islanders to lose weight. He said: "Once the leaders are adapting to that mindset they would be determined to get their people [doing] the same...and go from there." The Secretary General of the Pacific Island Forum said Pacific island nations were losing their fight against child obesity. The World Health Organization said 20 per cent of children between the ages of five and 19 were obese in 10 Pacific island countries.

Sources: <https://www.theguardian.com/world/2018/aug/14/tonga-pm-obesity-challenges-pacific-leaders-weight-loss-battle>
<https://www.telegraph.co.uk/news/2018/08/14/tonga-pm-challenges-pacific-states-weight-loss-contest-tackle/>
http://www.sobserver.ws/en/14_08_2018/local/35879/Pohiva-urges-Pacific-leaders-to-set-example.htm

WARM-UPS

1. LOSING WEIGHT: Students walk around the class and talk to other students about losing weight. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

leaders / nations / lose weight / obesity / challenge / competition / weigh / issue / life expectancy / significantly / encourage / mindset / determined / island / fight

Have a chat about the topics you liked. Change topics and partners frequently.

3. LEADERS: Students A **strongly** believe all leaders should be a healthy weight to encourage their citizens to do the same; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. WEIGHT LOSS CHALLENGE: How well would these things work if you want to lose weight? Complete this table with your partner(s). Change partners often and share what you wrote.

	Would it work well?	Could you do this?
No fast food for one year		
No lunch for one year		
Run 5k every day		
No cake, chocolate or candy		
Fruit-only diet		
No car or public transport		

5. ISLAND: Spend one minute writing down all of the different words you associate with the word "island". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. WEIGHT LOSS: Rank these with your partner. Put the best ways to lose weight at the top. Change partners often and share your rankings.

- fruit only
- low carbohydrate
- jog
- cycle to work/school
- no sugary foods
- drink lots of water
- weigh yourself daily
- no lunch

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|--|
| 1. challenged | a. Very, very small. |
| 2. nations | b. The condition of being grossly fat or overweight. |
| 3. obesity | c. Different countries. |
| 4. set | d. An important topic or problem for debate or discussion. |
| 5. tiny | e. Asked people to take part in a contest or competition. |
| 6. entire | f. Give someone a task or challenge. |
| 7. issue | g. With no part left out; whole. |

Paragraph 2

- | | |
|--------------------|---|
| 8. life expectancy | h. In such a great or important way as to be worthy of attention. |
| 9. related | i. Make something suitable for a new use or purpose; modifying. |
| 10. stage | j. Give support, confidence, or hope to someone. |
| 11. significantly | k. Connected. |
| 12. encourage | l. Being very strong in a desire to do something. |
| 13. adapting | m. The average period or length of time that a person might live. |
| 14. determined | n. A point, period, or step in a process or development. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Tonga's prime minister said most of the world's leaders are overweight. **T / F**
- b. Tonga's prime minister wants leaders to spend a year losing weight. **T / F**
- c. The weight-loss challenge will start next year. **T / F**
- d. Tonga's leader wants other leaders to meet next year to compare weight. **T / F**
- e. Life expectancy in Tonga has gone down because of obesity. **T / F**
- f. Tonga's leader wants other leaders to lead by example. **T / F**
- g. A forum said Pacific islands are winning the fight against obesity. **T / F**
- h. Around 45 per cent of Pacific island children are overweight. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. nations | a. question |
| 2. fight | b. very small |
| 3. tiny | c. overweight |
| 4. entire | d. decreasing |
| 5. issue | e. battle |
| 6. going down | f. persuade |
| 7. stage | g. countries |
| 8. encourage | h. resolved to |
| 9. determined | i. whole |
| 10. obese | j. step |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-----------------------|--------------------------|
| 1. join the fight | a. the challenge |
| 2. he will set | b. related issues |
| 3. see who has lost | c. to work |
| 4. over the | d. ages of five and 19 |
| 5. it doesn't seem | e. against obesity |
| 6. life | f. the most |
| 7. weight- | g. against child obesity |
| 8. It has reduced | h. expectancy |
| 9. losing their fight | i. years |
| 10. between the | j. significantly |

GAP FILL

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

The prime minister of Tonga has (1) _____ leaders of other Pacific nations to lose (2) _____. He is asking them to join the fight against obesity by taking (3) _____ in a one-year-long weight loss challenge. The prime minister, Akilisi Pohiva, told the Samoa Observer newspaper that he will set the challenge when leaders meet at the Pacific Island Forum in the (4) _____ nation of Nauru in September. He said: "We should all (5) _____ together for a weight-loss competition for an (6) _____ year, so when we meet the following year, we will weigh in (7) _____ and see who has lost the most." He added: "We have been [talking about] the same (8) _____, over the years but it doesn't seem to work."

part
again
challenged
tiny
entire
issue
weight
get

Mr Pohiva also spoke about Tonga's life (9) _____ going down because of (10) _____ and weight-related issues. He said: "It is now down to 68 years old, yet at one (11) _____ it was 71. It has reduced significantly." He hopes his weight-loss challenge will (12) _____ Pacific islanders to lose weight. He said: "Once the leaders are adapting to that (13) _____ they would be determined to get their people [doing] the same...and go from (14) _____." The Secretary General of the Pacific Island Forum said Pacific island nations were losing their (15) _____ against child obesity. The World Health Organization said 20 per cent of children between the (16) _____ of five and 19 were obese in 10 Pacific island countries.

obesity
there
encourage
ages
stage
fight
expectancy
mindset

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

- 1) The prime minister of Tonga has challenged leaders of other Pacific nations _____.
 - a. to loses weight
 - b. to losing weight
 - c. too lose weight
 - d. to lose weight
- 2) join the fight against obesity by taking part in a one-year-long _____.
 - a. weights loss challenge
 - b. weight lost challenge
 - c. weight loss challenge
 - d. weighty loss challenge
- 3) set the challenge when leaders meet at the Pacific Island Forum in _____ of Nauru.
 - a. the tinny nation
 - b. the tiny nation
 - c. the tie knee nation
 - d. the tin knee nation
- 4) He said: "We should all get together for a weight-loss competition for _____."
 - a. an entire year
 - b. an entirely year
 - c. an entry year
 - d. an entail year
- 5) when we meet the following year, we will weigh in again and see who _____ most.
 - a. has lost a
 - b. has lost then
 - c. has lost thee
 - d. has lost the
- 6) Tonga's life expectancy going down because of obesity and _____.
 - a. weight-related issues
 - b. weight-relative issues
 - c. weight-relates issues
 - d. weight-relate it issues
- 7) It is now down to 68 years old, yet at one _____ 71.
 - a. stages it was
 - b. stage it was
 - c. staged it was
 - d. strange it was
- 8) He hopes his weight-loss challenge will _____ islanders.
 - a. encourages Pacific
 - b. encouraged Pacific
 - c. encourage Pacific
 - d. entourage Pacific
- 9) Once the leaders are adapting to that mindset they would _____.
 - a. be determined
 - b. be determine
 - c. be determines
 - d. be deter mine
- 10) Pacific island nations were losing their fight _____.
 - a. again child obesity
 - b. against children obesity
 - c. again children obesity
 - d. against child obesity

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

The prime minister of Tonga has challenged (1) _____ Pacific nations to lose weight. He is asking them to (2) _____ against obesity by (3) _____ a one-year-long weight loss challenge. The prime minister, Akilisi Pohiva, told the Samoa Observer newspaper that he will (4) _____ when leaders meet at the Pacific Island Forum in the tiny nation of Nauru in September. He said: "We should all get together for a weight-loss competition for (5) _____, so when we meet the following year, we will weigh in again and see who has lost the most." He added: "We have been [talking about] (6) _____, over the years but it doesn't seem to work."

Mr Pohiva (7) _____ Tonga's life expectancy going down because of obesity and weight-related issues. He said: "It is now down to 68 years old, yet (8) _____ it was 71. It has reduced significantly." He hopes his weight-loss challenge will encourage Pacific islanders to lose weight. He said: "Once (9) _____ adapting to that mindset they would be determined to get their people [doing] the same...and (10) _____." The Secretary General of the Pacific Island Forum said Pacific island nations (11) _____ fight against child obesity. The World Health Organization said 20 per cent of children between (12) _____ five and 19 were obese in 10 Pacific island countries.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

1. Who is the Tongan prime minister asking to lose weight?
2. How long is the weight-loss challenge Tonga's prime minister mentioned?
3. What is the name of the newspaper Tonga's prime minister spoke to?
4. Where will the Pacific Island Forum take place in September?
5. What have the Pacific island nations been talking about over the years?
6. What is happening to Tonga's life expectancy?
7. What did Tonga's life expectancy drop down to 68 from?
8. Who does Akilisi Pohiva want leaders to help lose weight?
9. What fight did the Pacific Island Forum say island nations were losing?
10. What percentage of island children did the WHO say were obese?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

- 1) Who is the Tongan prime minister asking to lose weight?
 - a) people from Nauru
 - b) his family
 - c) Samoans
 - d) Pacific island leaders
- 2) How long is the weight-loss challenge Tonga's prime minister mentioned?
 - a) two months
 - b) one year
 - c) six months
 - d) eighteen months
- 3) What is the name of the newspaper Tonga's prime minister spoke to?
 - a) The Islands Eye
 - b) Nauru News
 - c) The Tonga Times
 - d) The Samoa Observer
- 4) Where will the Pacific Island Forum take place in September?
 - a) Tonga
 - b) New York
 - c) Nauru
 - d) Samoa
- 5) What have the Pacific island nations been talking about over the years?
 - a) food
 - b) global warming
 - c) other nations
 - d) The same issue
- 6) What is happening to Tonga's life expectancy?
 - a) it is going up
 - b) nothing
 - c) It is going down
 - d) it is going up and down
- 7) What did Tonga's life expectancy drop down to 68 from?
 - a) 71
 - b) 69
 - c) 70
 - d) 72
- 8) Who does Akilisi Pohiva want leaders help to lose weight?
 - a) their family
 - b) the world population
 - c) Pacific islanders
 - d) old people
- 9) What fight did the Pacific Island Forum say island nations were losing?
 - a) the fight against the WHO
 - b) the one against child obesity
 - c) global warming
 - d) the calories fight
- 10) What percentage of island children did the WHO say were obese?
 - a) 20 per cent
 - b) 12 per cent
 - c) 22 per cent
 - d) 15 per cent

ROLE PLAY

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

Role A – Eating Only Fruit

You think eating only fruit is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective way of losing weight (and why): jogging, having no lunch or drinking water.

Role B – Jogging

You think jogging is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective way of losing weight (and why): eating only fruit, having no lunch or drinking water.

Role C – Having No Lunch

You think having no lunch is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective way of losing weight (and why): jogging, eating only fruit or drinking water.

Role D – Drinking Water

You think drinking water is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective way of losing weight (and why): jogging, having no lunch or eating only fruit.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'weight' and 'obesity'.

weight	obesity
---------------	----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• other• part• meet• tiny• entire• seem	<ul style="list-style-type: none">• down• stage• adapting• there• losing• 19
--	---

LOSING WEIGHT SURVEY

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

Write five GOOD questions about losing weight in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

LOSING WEIGHT DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'weight'?
3. What do you think of Mr Pohiva's challenge?
4. What do you think of your weight?
5. Why are so many people getting overweight?
6. Should leaders and celebrities worldwide join this challenge?
7. Have you ever tried to lose weight?
8. Why are Pacific islanders so overweight?
9. Should schools and employers do things to encourage healthy weights?
10. What do you know about Tonga and other Pacific island nations?

Tonga prime minister challenges leaders to lose weight – 16th August, 2018
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LOSING WEIGHT DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'obesity'?
13. What do you think about what you read?
14. What's the best way to lose weight?
15. Will countries lose the fight against obesity?
16. Is dieting or exercising the best way to lose weight?
17. How can we encourage children to control their weight?
18. What are the biggest causes of obesity in children?
19. People are either starving, on a diet or overweight. Why?
20. What questions would you like to ask Mr Pohiva?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

The prime minister of Tonga has (1) _____ leaders of other Pacific nations to lose weight. He is asking them to (2) _____ the fight against obesity by taking part in a one-year-long weight (3) _____ challenge. The prime minister, Akilisi Pohiva, told the Samoa Observer newspaper that he will set the challenge when leaders meet at the Pacific Island Forum in the tiny nation (4) _____ Nauru in September. He said: "We should all get together for a weight-loss competition for an (5) _____ year, so when we meet the following year, we will weigh in again and see who has lost the most." He added: "We have been [talking about] the same issue, (6) _____ the years but it doesn't seem to work."

Mr Pohiva also spoke about Tonga's life (7) _____ going down because of obesity and weight-related issues. He said: "It is now down to 68 years old, yet at one (8) _____ it was 71. It has reduced significantly." He hopes his weight-loss challenge will (9) _____ Pacific islanders to lose weight. He said: "Once the leaders are adapting to that mindset they would be determined to (10) _____ their people [doing] the same...and go from there." The Secretary General of the Pacific Island Forum said Pacific island nations were losing their fight (11) _____ child obesity. The World Health Organization said 20 per cent of children between the (12) _____ of five and 19 were obese in 10 Pacific island countries.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|---------------|-----------------|----------------|
| 1. | (a) challenges | (b) challenge | (c) challenging | (d) challenged |
| 2. | (a) joining | (b) joins | (c) joint | (d) join |
| 3. | (a) losing | (b) loss | (c) lost | (d) losses |
| 4. | (a) from | (b) at | (c) of | (d) in |
| 5. | (a) entire | (b) all | (c) every | (d) everything |
| 6. | (a) over | (b) up | (c) though | (d) ever |
| 7. | (a) expecting | (b) expects | (c) expected | (d) expectancy |
| 8. | (a) stage | (b) step | (c) part | (d) scene |
| 9. | (a) encourage | (b) encourage | (c) discourage | (d) courageous |
| 10. | (a) do | (b) need | (c) get | (d) move |
| 11. | (a) again | (b) gains | (c) against | (d) regains |
| 12. | (a) aged | (b) ages | (c) ageing | (d) ageism |

SPELLING

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

Paragraph 1

1. join the fight against styoieb
2. inkgat part
3. the tiny iatnno of Nauru
4. for an teneri year
5. when we meet the iolwnofgl year
6. talking about the same siseu

Paragraph 2

7. Tonga's life tcacepexyn
8. It has reduced tsngacfiiny
9. cerugneao Pacific islanders
10. apndgiat to that mindset
11. they would be deetiedrmn to get their people
12. nations were losing their gifht

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

Number these lines in the correct order.

- () [talking about] the same issue, over the years but it doesn't seem to work."
- () between the ages of five and 19 were obese in 10 Pacific island countries.
- (**1**) The prime minister of Tonga has challenged leaders of other Pacific nations to lose weight. He is asking them to join
- () there." The Secretary General of the Pacific Island Forum said Pacific island nations were
- () get together for a weight-loss competition for an entire year, so when we meet the following
- () year, we will weigh in again and see who has lost the most." He added: "We have been
- () losing their fight against child obesity. The World Health Organization said 20 per cent of children
- () the fight against obesity by taking part in a one-year-long weight loss challenge. The prime
- () Mr Pohiva also spoke about Tonga's life expectancy going down because of obesity and weight-related
- () at the Pacific Island Forum in the tiny nation of Nauru in September. He said: "We should all
- () minister, Akilisi Pohiva, told the Samoa Observer newspaper that he will set the challenge when leaders meet
- () significantly." He hopes his weight-loss challenge will encourage Pacific islanders to lose weight. He said: "Once the
- () issues. He said: "It is now down to 68 years old, yet at one stage it was 71. It has reduced
- () leaders are adapting to that mindset they would be determined to get their people [doing] the same...and go from

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

1. join them He the to is fight . asking
2. set He when leaders challenge the will meet .
3. for competition entire an year . weight-loss A
4. see and most . in who Weigh again has the lost
5. been have same about talking issue . We the
6. of life expectancy obesity . going because down Tonga's
7. challenge His Pacific weight-loss islanders . will encourage
8. the same . their Determined doing people to get
9. child were obesity . losing against their Nations fight
10. the between five ages of Children and 19 .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

The prime minister of Tonga has *challenging* / *challenged* leaders of other Pacific nations to *lose* / *lost* weight. He is asking them to *join* / *joint* the fight against obesity by taking part in a one-year-long weight *lost* / *loss* challenge. The prime minister, Akilisi Pohiva, told the Samoa Observer newspaper that he will *set* / *let* the challenge when leaders meet at the Pacific Island Forum in the tiny *national* / *nation* of Nauru in September. He said: "We should all *get* / *getting* together for a weight-loss competition for an *entire* / *entirely* year, so when we meet the following year, we will weigh *on* / *in* again and see who has lost the most." He added: "We have been [talking about] the same issue, *over* / *under* the years but it doesn't seem to work."

Mr Pohiva also *speak* / *spoke* about Tonga's life expectancy going down because of obesity and weight-related issues. He said: "It is now *up* / *down* to 68 years old, *yet* / *yes* at one stage it was 71. It has reduced *significantly* / *significance*." He hopes his weight-loss challenge will encourage Pacific islanders to lose weight. He said: "Once the leaders are *adapted* / *adapting* to that mindset they would *been* / *be* determined to get their people [doing] the *same* / *some*...and go from there." The Secretary General of the Pacific Island Forum said Pacific island nations were *losses* / *losing* their fight against child *obesity* / *obese*. The World Health Organization said 20 per cent of children between the *aged* / *ages* of five and 19 were obese in 10 Pacific island countries.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

T h _ p r _ m _ m _ n _ s t _ r _ f _ T _ n g _ h _ s _ c h _ l _ l _ n g _ d
l _ _ d _ r _ s _ f _ t h _ r _ P _ c _ f _ c _ n _ t _ _ n _ s _ t _ l _ s _ w _ _ g h
t . H _ _ s _ _ s k _ n g _ t h _ m _ t _ j _ _ n _ t h _ f _ g h t _ g _ _
n _ s t _ b _ s _ t _ y _ b _ y _ t _ k _ n g _ p _ r _ t _ _ n _ _ n _ - y _ _ r - l _ n
g _ w _ _ g h t _ l _ s _ s _ c h _ l _ l _ n g _ . T h _ p r _ m _ m _ n _ s t _ r
, A k _ l _ s _ P _ h _ v _ , t _ l _ d _ t h _ S _ m _ _ O b s _ r _ v _ r
n _ w _ s _ p _ p _ r _ t h _ t _ h _ w _ l l _ h _ w _ l l _ s _ t _ t h _ c h _ l
l _ n g _ w h _ n _ l _ _ d _ r _ s _ m _ _ t _ t _ t h _ P _ c _ f _ c _ I _ s _ l _ n
d _ F _ r _ m _ _ n _ t h _ t _ n _ y _ n _ t _ _ n _ _ f _ N _ _ r _ _ n _ S _ p
t _ m _ b _ r . H _ s _ _ d : " W _ s h _ _ l _ d _ l _ l _ g _ t _ t _ g _ t
h _ r _ f _ r _ _ w _ _ g h t - l _ s _ s _ c _ m _ p _ t _ t _ _ n _ f _ r _ n _ n
t _ r _ y _ _ r , s _ w h _ n _ w _ m _ _ t _ t h _ f _ l l _ w _ n g _ y _ _
r , w _ w _ l l _ w _ _ g h _ n _ g _ _ n _ _ n d _ s _ _ w h _ h _ s
l _ s _ t _ t h _ m _ s _ t . " H _ _ d _ d _ d : " W _ h _ v _ b _ _ n _ [
t _ l _ k _ n g _ _ b _ _ t] _ t h _ s _ m _ _ s _ s _ _ , _ v _ r _ t h _ y _ _ r _ s
b _ t _ t _ d _ _ s _ n ' t _ s _ _ m _ t _ w _ r _ k . "

M r _ P _ h _ v _ _ l _ s _ _ s _ p _ k _ _ b _ _ t _ T _ n g _ ' _ s _ l _ f _ _ x _ p _ c
t _ n _ c _ y _ g _ _ n g _ d _ w _ n _ b _ c _ _ s _ _ f _ b _ s _ t _ y _ _ n d _ w _ _
g h t - r _ l _ t _ d _ _ s _ s _ _ s . H _ s _ _ d : " I t _ s _ n _ w
d _ w _ n _ t _ 6 8 _ y _ _ r _ s _ l _ d , y _ t _ t _ n _ s _ t _ g _ _ t _ w _ s
7 1 . I t _ h _ s _ r _ d _ c _ d _ s _ g _ n _ f _ c _ n _ t _ l _ y . " H _ h _ p _ s
h _ s _ w _ _ g h t - l _ s _ s _ c h _ l _ l _ n g _ w _ l l _ _ n _ c _ _ r _ g _
P _ c _ f _ c _ _ s _ l _ n d _ r _ s _ t _ l _ s _ w _ _ g h t . H _ s _ _ d : "
O n _ c _ t h _ l _ _ d _ r _ s _ _ r _ _ d _ p _ t _ n g _ t _ t h _ t _ m _ n d _ s _ t
t h _ y _ w _ _ l _ d _ b _ d _ t _ r _ m _ n _ d _ t _ g _ t _ t h _ _ r _ p _ _ p
l _ [d _ _ n g] _ t h _ s _ m _ . . . _ n d _ g _ f _ r _ m _ t h _ r _ . " T
h _ S _ c _ r _ t _ r _ y _ G _ n _ r _ l _ _ f _ t h _ P _ c _ f _ c _ I _ s _ l _ n d
F _ r _ m _ s _ _ d _ P _ c _ f _ c _ _ s _ l _ n d _ n _ t _ _ n _ s _ w _ r _ l _ s _ n g
t h _ _ r _ f _ g h t _ g _ _ n _ s _ t _ c h _ l _ d _ b _ s _ t _ y . T h _ W _ r _ l
d _ H _ _ l _ t h _ O _ r _ g _ n _ z _ t _ _ n _ s _ _ d _ 2 0 _ p _ r _ c _ n _ t _ _ f
c h _ l _ d _ r _ n _ b _ t _ w _ _ n _ t h _ _ g _ s _ _ f _ f _ v _ _ n d _ 1 9
w _ r _ _ b _ s _ _ n _ 1 0 _ P _ c _ f _ c _ _ s _ l _ n d _ c _ _ n _ t _ r _ _ s .

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

the prime minister of tonga has challenged leaders of other pacific nations to lose weight he is asking them to join the fight against obesity by taking part in a one year long weight loss challenge the prime minister akilisi pohiva told the samoa observer newspaper that he will set the challenge when leaders meet at the pacific island forum in the tiny nation of nauru in september he said we should all get together for a weight loss competition for an entire year so when we meet the following year we will weigh in again and see who has lost the most he added we have been talking about the same issue over the years but it doesnt seem to work

mr pohiva also spoke about tongas life expectancy going down because of obesity and weight related issues he said it is now down to 68 years old yet at one stage it was 71 it has reduced significantly he hopes his weight loss challenge will encourage pacific islanders to lose weight he said once the leaders are adapting to that mindset they would be determined to get their people doing the same and go from there the secretary general of the pacific island forum said pacific island nations were losing their fight against child obesity the world health organization said 20 per cent of children between the ages of five and 19 were obese in 10 pacific island countries.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1808/180816-losing-weight.html>

The prime minister of Tonga has challenged leaders of other Pacific nations to lose weight. He is asking them to join the fight against obesity by taking part in a one-year-long weight loss challenge. The prime minister, Akilisi Pohiva, told the Samoa Observer newspaper that he will set the challenge when leaders meet at the Pacific Island Forum in the tiny nation of Nauru in September. He said: "We should all get together for a weight-loss competition for an entire year, so when we meet the following year, we will weigh in again and see who has lost the most." He added: "We have been [talking about] the same issue, over the years but it doesn't seem to work." Mr Pohiva also spoke about Tonga's life expectancy going down because of obesity and weight-related issues. He said: "It is now down to 68 years old, yet at one stage it was 71. It has reduced significantly." He hopes his weight-loss challenge will encourage Pacific islanders to lose weight. He said: "Once the leaders are adapting to that mindset they would be determined to get their people [doing] the same... and go from there." The Secretary General of the Pacific Island Forum said Pacific island nations were losing their fight against child obesity. The World Health Organization said 20 percent of children between the ages of five and 19 were obese in 10 Pacific island countries.

HOMWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. LOSING WEIGHT: Make a poster about losing weight. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SLIM WORLD LEADERS: Write a magazine article about world leaders having to be slim to set an example to their people. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on losing weight. Ask him/her three questions about it. Give him/her three of your ideas on how to lose weight. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. e 2. c 3. b 4. f 5. a 6. g 7. d
8. m 9. k 10. n 11. h 12. j 13. i 14. l

TRUE / FALSE (p.5)

- a F b T c F d T e T f T g F h F

SYNONYM MATCH (p.5)

- | | |
|---------------|----------------|
| 1. nations | a. countries |
| 2. fight | b. battle |
| 3. tiny | c. very small |
| 4. entire | d. whole |
| 5. issue | e. question |
| 6. going down | f. decreasing |
| 7. stage | g. step |
| 8. encourage | h. persuade |
| 9. determined | i. resolved to |
| 10. obese | j. overweight |

COMPREHENSION QUESTIONS (p.9)

1. Pacific island nations
2. One year
3. The Samoa Observer
4. Nauru
5. The same issue
6. It is going down
7. 71
8. Pacific islanders
9. The one against child obesity
10. 20 per cent

WORDS IN THE RIGHT ORDER (p.20)

1. He is asking them to join the fight.
2. He will set the challenge when leaders meet.
3. A weight-loss competition for an entire year.
4. Weigh in again and see who has lost the most.
5. We have been talking about the same issue.
6. Tonga's life expectancy going down because of obesity.
7. His weight-loss challenge will encourage Pacific islanders.
8. Determined to get their people doing the same.
9. Nations were losing their fight against child obesity.
10. Children between the ages of five and 19.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)