CHILDHOOD OBESITY EPIDEMIC IN CANADA

Statistics

In Canada ⅙ - ⅟₇ - ⅛ children aged 7 – 13 are obese

20% - 30% - 40% of obese children remain obese as adults

Circle the problems linked to obesity:

Poor self esteem - bad skin - type II diabetes - high blood pressure - low blood pressure - heartburn - heart disease - low blood fat - high blood fat - cholesterol - strike - stroke - cancer

The proportion of kids eating fruit & vegetables has increased / decreased

The proportion of kids eating fast foods has increased / decreased

 Kids eat more: vegetables - meals - snacks - breakfasts - soft drinks - alcoholic drinks - candy bars - fruit - salt - pasta - sugar - fat

☹ Poor N……………………………………… + In……………………………… = O…………………………………..

Complete

On average Canadian kids watch ……….. hours of TV a week, that is about ………. hours a day!

 ……… % of kids spend more time watching …………………….…….. and playing ………………………………….. than at ………………………………….

Now kids don’t play ………………… they play on their consoles .

Changing the situation ♥

At school teachers can promote ………………………………. Education

Regular exercise can increase / reduce stress

 Strengthen / weaken the heart

 Decrease / increase energy levels

 Decrease / increase bone density

 Increase / reduce body fat

Kids should have at least ………… hour(s) physical activity a day

A study reports that in the 15,800 Canadian schools, only ……………… % do …….………. minutes sport a day.

☺ Teachers can - take ……………………………………………………………

 - try ……………………………………………………………….

 - coach ……………………………………………………………

- sponsor …………………………………………………………