

WEBQUEST –STUDY QUESTIONS

BEING OVERWEIGHT

Browse the Internet in order to answer the following questions:

1. What are the causes of being overweight?
2. What can the state of being overweight lead to?
3. In what ways can it damage your health?
4. Why being overweight is bad for you?
6. What kind of diet do you have to follow when you want to lose weight?
7. What are the examples of healthy low-energy food ?

RESOURCES:

<http://en.wikipedia.org/wiki/Overweight>

<https://www.nhlbi.nih.gov/health/health-topics/topics/obe/>

<http://www.who.int/mediacentre/factsheets/fs311/en/>

<http://www.nhlbi.nih.gov/health/health-topics/topics/obe/risks.html>