

Worksheet 2

Adapted from: <http://www.nhs.uk/Livewell/Goodfood/Pages/Underweightadults.aspx>

VOCABULARY

to contribute

a weakened immune system

fragile

an overactive thyroid

eating patterns

to recognise

to achieve

drained

to feel anxious

low self-esteem

eating disorder

available

saturated fat

fizzy drink

lean

starchy carbohydrates

to gain weight

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