

Worksheet 2

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

VOCABULARY

to contribute	low self-esteem
a weakened immune system	eating disorder
fragile	available
an overactive thyroid	saturated fat
eating patterns	fizzy drink
to recognise	lean
to achieve	starchy carbohydrates
drained	to gain weight
to feel anxious	

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 ?