

Health

Despite huge improvements in healthcare, the overall standard of physical health in many developed countries is now falling. This is mainly due to people having a bad diet and not exercising enough. However, there are several things that individuals and governments can do to reverse this trend.

Diet

The human body requires a balanced diet.

Many people nowadays rely on fast food or pre-prepared meals.

These foods contain too much fat, salt and sugar.

They are cheap to buy and very easy to prepare.

An unhealthy diet can cause various health problems.

Obesity, diabetes and heart disease are the increase.

Exercise

Regular exercise is essential in maintaining a healthy body.

Exercise burns calories and helps to build healthy bones and muscles.

Most people nowadays lead a sedentary lifestyle.

We tend to walk less and do desk jobs.

Most adults relax by watching television.

Children play video games rather than doing outdoor sports.

Summary

The human body requires a healthy diet. However, these days many people rely on fast food or pre-prepared meals, which contain too much fat, salt and sugar. These foods are attractive to people because they are cheap to buy and easy to prepare. An unhealthy diet can cause various health problems. For example, obesity, diabetes and heart disease are on the rise.

In addition, regular exercise is essential in maintaining a healthy body. Exercise burns calories and helps to build healthy bones and muscles. These days, many of

us live a sedentary lifestyle, so we are not active enough. We tend to walk less and do desk jobs, and in our leisure time we watch television or go online. Another example of this trend is that children often play video games instead of doing outdoor sports.

Governments' Role

Governments have a significant role to play in reducing obesity.

Hospitals rely on the government for money and resources.

More and more people are seriously overweight.

They are more at risk of heart disease and diabetes.

The situation will increase the burden on hospitals.

Governments should promote a healthy diet and regular exercise.

There should be more time for sport on school timetables.

Unhealthy junk food should be banned from school menus.

Individuals' Role

People should take responsibility for their health.

We need to watch what we eat and exercise regularly.

Food packaging shows information about what foods contain.

Parents should make sure that they feed their children nutritious food.

They should encourage their children to play outdoors.

Summary

Governments have a significant role to play in reducing obesity. First, they need to make sure the healthcare system has enough money and resources to cope with an increasingly unhealthy population. For example, more and more people are overweight, and has increased rates of heart disease and diabetes. This increases the burden on hospitals, so governments need to increase funding. Furthermore, governments should also promote a healthy diet and regular exercise. For example,

there should be more time for sport on school timetables and unhealthy junk food should be banned from school menus.

Secondly, individuals should take more responsibility for their health. We need to exercise regularly and watch what we eat, which is easy to do as food packaging shows information about what foods contain. Furthermore, parents need to take more responsibility for their children's health. They need to feed their children nutritious food and encourage them to play outdoors.

Practice Question

Despite huge improvements in healthcare, the overall standard of physical health in many developed countries is now falling. What could be the reason for this trend, and what can be done to reverse it?