

**Directions:** Jeff was part of a project to help people get active and healthy. Help him fill in the missing words to complete the opening speech.

One of the leading causes of health problems in the United States is \_\_\_\_\_ (*obesity, cholesterol, morbid*). This is due to the \_\_\_\_\_ (*adulterated, excessive, inadvertently*) availability of \_\_\_\_\_ (*morbid, fatty, deem*) foods that are easily accessed. Eating these types of convenience foods are \_\_\_\_\_ (*fatty, prevalence, adulterated*) with chemicals and additives that raise \_\_\_\_\_ (*obesity, metabolic, cholesterol*) levels and increase fat in the body.

Our \_\_\_\_\_ (*project, sedentary, prevalence*) is designed to get people to get active and lessen their \_\_\_\_\_ (*inadvertently, sedentary, morbid*) lifestyle. We are creating an app to connect people trying to lose weight and also to help share healthy \_\_\_\_\_ (*deem, stigma, diet*) recipes with one another. We also have a place where people can upload pictures of the food they create and before and after photos of their weight loss journey.

We hope to take away the \_\_\_\_\_ (*morbid, prevalence, stigma*) of trying to diet and lose weight by connecting people having the same struggle. The \_\_\_\_\_ (*prevalence, inadvertently, excessive*) of overweight children and adults is scary and it can negatively affect overall health. Through this app, we hope to make people healthier and happier. Please join us on the app and improve your health and wellbeing.





**Answer Key**

**Worksheet 3**

obesity

excessive

fatty

adulterated

cholesterol

project

sedentary

diet

stigma

prevalence