

Curbing Overweight Children

- (1) In most parts of the world, the average weight of people has been dramatically increasing yearly.
- (2) Obesity has currently extended to children, who easily become overweight.
- (3) In some areas of the United States, this phenomenon has affected one in three children.
- (4) Now most local governments are trying to regulate childhood obesity by ensuring a balanced healthy diet and plenty of exercise.
- (5) Now, vending machines which once sold carbonated and sugar-enhanced drinks are replaced with water, 100% fruit juices, and sports drinks.
- (6) Whole milk has been switched to 2% low fat or skim milk.
- (7) Most of the cafeteria lunches are substituted with more nutritious vitamin enriched food.
- (8) Also weekly physical fitness classes have been extended by 7 minutes.
- (9) These classes are trying to promote strong active bodies.
- (10) All changes have been adapted to help parents control the diets of their children.

語注

- (2) obesity 肥満
- (3) phenomenon 現象
- (4) regulate 規制する
- (5) carbonated drinks 炭酸飲料 enhance 高める、増す replace 取り替える
- (6) whole milk 全乳 skim milk 脱脂粉乳
- (7) nutritious 栄養のある substitute 代わりに用いる
- (10) adapt 合うように変える