

THE QUICK FIX – Solution or Problem?

From fast-action protein drinks to instant diet pills – are young people hooked on 'quick fixes' to change their looks? Listen to these two stories:

Hollie, England: "At 19 I hated my body and I tried loads of diets with no success. My family was going to Turkey in a couple of weeks, so I was desperate to drop weight to fit into my bikini. I turned to the internet for a quick-fix answer. I quickly bought a tube of online diet pills called Grenade Fat Burner. I didn't know the pills contained herbal stimulants and appetite suppressants linked to various health problems. I lost weight straight away. And that's what mattered to me the most then. I am 26 now and my weight loss has had consequences. I have suffered from painful bladder and kidney problems for the past 5 years. My doctors say it's the result of my long-term addiction to pills containing ingredients that are now banned in the UK."

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Luke, Australia: "When I was at college I was pretty average-looking and had a lot of 'puppy fat'. I felt quite self-conscious about it. So I went to the gym to burn off fat. I really wanted to have a six-pack and it wasn't happening fast enough. A couple of guys I knew told me about protein shakes. They were taking them, and they looked great. I started taking two protein shakes a day, but built up to seven daily, using the shakes to replace meals. But it came with a price. I experienced shaking limbs and bursts of sudden anger. I even split up with my girlfriend, Zoe. I didn't know adding protein supplements can harm your body, especially the kidneys. I got really bad stomach cramps. I went to the doctor and he was shocked at how much protein I consumed. He told me I could do serious damage to my kidneys if I carried on like that."



1.	wasn't happy with his/her appearance	↑	Hollie
2.	went on a diet		
3.	went to the gym		
4.	took protein shakes		
5.	took tablets to lose weight		
6.	skipped meals		
7.	lost weight quickly		
8.	had a change of temperament		
9.	had kidney problems		
10.	broke up with his/her partner		

13. PREBERI BESEDILO IN OBKROŽI, ALI SO TRDITVE RESNIČNE (TRUE – T), NAPAČNE (FALSE – F) ALI PA PODATKA NI V BESEDILU (NOT GIVEN – NG).

A TAX ON JUNK FOOD?

Why is junk food so bad for us?

Foods that are high in **fat**, sugar and salt can cause many problems. Eating lots of sugar gives people energy, but they often feel tired after a few minutes. Eating a lot of junk food can cause headaches, **weight gain** and **acne**, and in the long term it can cause health problems such as **diabetes** and heart disease.

In the UK more than 4,000 children go to hospital every year because of health problems caused by their **diet**. In fact, this generation of children may be the first to live shorter lives than their parents.

Junk food tax

Politicians and doctors need to take action. One idea is a **tax** on junk food. This means the cost will **increase** by 20%. The junk food will be more expensive, and the idea is that people will choose healthier, cheaper food.

Will it work?

Many governments have introduced junk food taxes including Mexico, France, Denmark, Hungary, Finland and Australia. However, the experts are not sure that taxes change people's behaviour. Doctors are telling people to change their lifestyles. Poor diets are **leading to** more health problems than alcohol, lack of exercise and tobacco altogether. The problem is **a ticking time bomb**.

(Team, Jan/Feb 2016, prirejeno)



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| 1. Eating fatty food can lead to serious health problems. | T | F | NG |
| 2. Sugar gives you energy, so you don't quickly tire. | T | F | NG |
| 3. Eating junk food can be the cause of diabetes. | T | F | NG |
| 4. Our diet should contain 5 meals. | T | F | NG |
| 5. Many English teens have serious health problems due to the food they eat. | T | F | NG |
| 6. Many countries have put a tax on fast food. | T | F | NG |
| 7. The taxes change will definitely make people eat less junk food. | T | F | NG |
| 8. Alcoholism and addiction to tobacco are causing more health problems than eating poorly. | T | F | NG |
| 9. It is also a serious problem, which only gets worse in Slovenia. | T | F | NG |