

# Too Much ...

1

A. Work in pairs. Find these expressions in the text. Read them aloud.

- 1 Jo større han blev, desto mindre motionerede han.
- 2 I mange år havde han ikke kunnet gå i biografen.
- 3 Han løste problemet ved at medbringe sin egen stol.
- 4 I 25 års alderen ...
- 5 Lidt efter lidt holdt Pete op med at gå sådanne steder som i indkøbscentre.
- 6 Han havde været vant til at spise.

B. Work in pairs. How do you say the following?

- 1 Jeg har ikke set ham i mange år.
- 2 Tom stoppede med at spille fodbold i 12 års alderen.
- 3 Jo mere han hørte, desto mindre forstod han.
- 4 Jeg er ikke vant til at drikke øl.

2

Work in pairs. Talk about the following:

- 1 What drawbacks did Pete's weight cause him earlier in life?
- 2 Why didn't Pete like the idea of having an operation?
- 3 Pete now has a nearly normal BMI. How did he achieve this?

drawbacks ulemper

achieve opnå

3



A. Listen to Adrian talking about obesity.

- 1 Who is he especially worried about?

- 2 What is the main problem, according to him? Do you agree?

## Try a Method

Try method 3 when you study the words for this text. See inside the front cover for details.

4

Discuss in groups. If possible, each group should have at least one member who has read the text *Too Little*.

1 What makes people eat too much or too little?

Some people have claimed that fast food outlets such as McDonald's should be sued because they are responsible for people becoming hooked on fatty and sugary foods. Others say that every individual must take responsibility for his or her own lifestyle. What is your opinion on this question?

sue retsforfølge/anklage

2 What do we think when we see very fat and very thin people?

When Pete was obese, people would stare at him and giggle. What attitude do some people have towards fat people? Do you think there is any truth in their ideas? Are people's attitudes different towards very thin or anorexic people? Is it more difficult for an obese person to get a job than for a person of "normal" weight? What things influence how we think people should look?

5



Write a story, letter, newspaper article, diary entry or poem based on one of the photos on pages 8 to 39 in the textbook. If you want, you can exchange texts with a classmate and see if you can guess which person he or she has written about. Use the following title: *At Risk*