

JUNIOR LEVEL

Vocabulary bank

Replace the highlighted words with words from the news article.

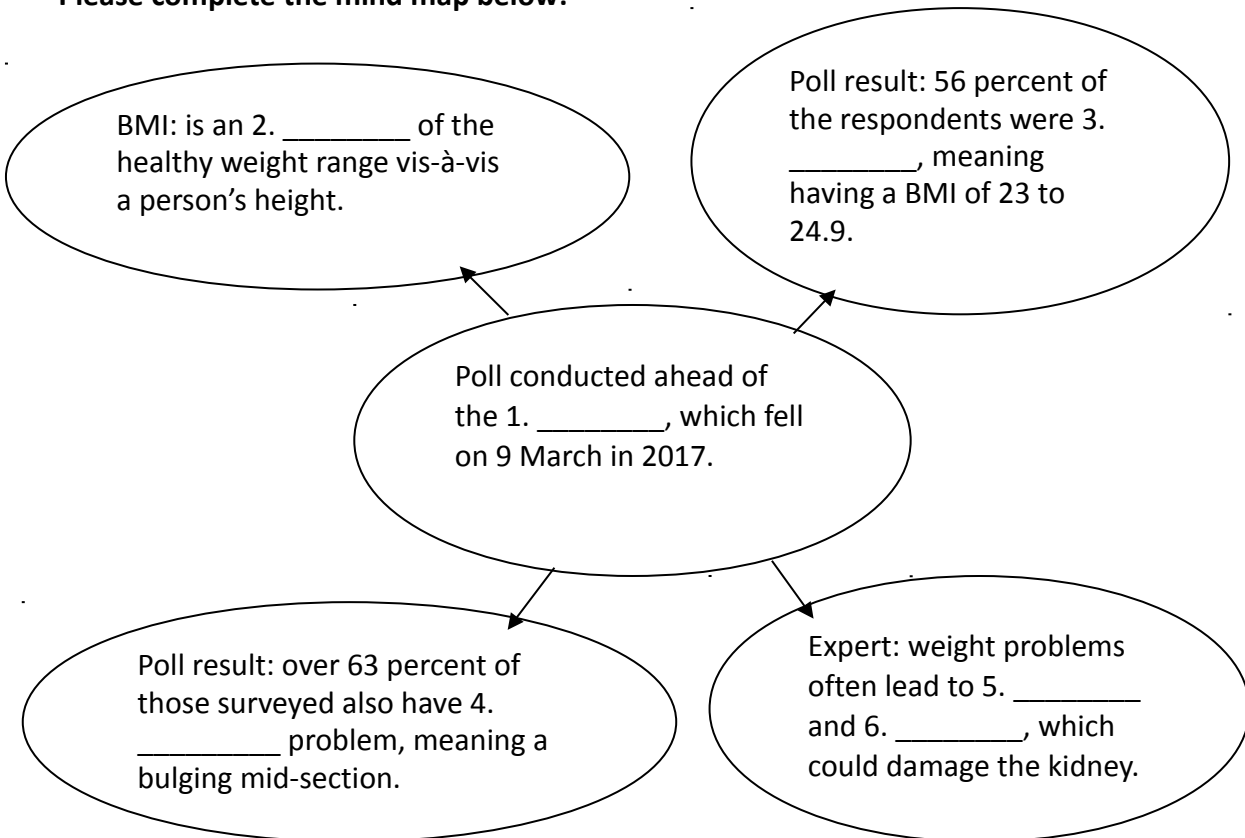
Doctors advised people to **1. keep** a healthy body weight. This helps prevent kidney **2. ailments** among other benefits. To find out the current situation with people's body weight, kidney health groups **3. surveyed** over 1,000 people. The survey found only a small proportion of respondents knew that the **4. best** BMI for Asians is between 18.5 and 22.9. Many also failed to do **5. enough** exercise, or **6. eat** enough fruits and vegetables.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

ADVANCED LEVEL

A. Fill in the mind map

Please complete the mind map below:



News in Liberal Studies worksheet
10 March, 2017

B. CRITICAL THINKING

1. What is body mass index, or BMI?
2. Is your BMI within normal range?
3. How much time do you spend sitting every day?
4. What is a sedentary lifestyle?
5. Do you know how to avoid a sedentary lifestyle?



News in Liberal Studies worksheet
10 March, 2017

[Answers]

Junior level

1. maintain; 2. problems; 3. polled; 4. ideal; 5. sufficient; 6. consume

Advanced level

A. Fill in the mind map

1. World Kidney Day; 2. indicator; 3. overweight; 4. central obesity; 5. hypertension; 6. diabetes