

Unit 5 - Text 1: Obesity

Collocations: Study these phrases and learn them by heart

§A

overeating	= υπερφαγία
underexercising	= έλλειψη άσκησης
lethal companions	= θανάσιμοι σύντροφοι
recognized culprits	= αναγνωρισμένοι ένοχοι
a rise in obesity	= αύξηση παχυσαρκίας
overweight	= υπέρβαρος
life expectancy	= προσδόκιμο ζωής
to knock off 5 years	
from the average life expectancy	= χάνεις 5 χρόνια από το μέσο προσδόκιμο ζωής
to age prematurely	= γερνάς πρόωρα

§B

a dire prediction	= δεινή πρόβλεψη
to reverse the prediction	= το να αντιστρέψεις την πρόβλεψη
to steer clear of temptation	= το να μείνεις μακριά από τον πειρασμό
a failed dieter	= ένας που αποτυχημένα προσπαθεί να αδυνατίσει
it's a sad reality	= μία πικρή πραγματικότητα
weak willpower	= αδύναμο σθένος
undermined good intentions	= καλές προθέσεις που τις έχει υποσκάψει
fast pace of life	= γρήγορος ρυθμός ζωής
tempting goodies	= δελεαστικές λιχουδιές
high-calorie goodies	= λιχουδιές γεμάτες θερμίδες





Summary and Oral Presentation

WRITE a summary (~80 words) of the text and prepare an oral presentation following questions below.

Use as many of the collocations as possible!



1. What are the causes and the results of the increasing **obesity** rates?
2. How can we reverse the impending disaster?

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Unit 5 - Text 2: Fatal diseases

Collocations: Study these phrases and learn them by heart



§A

benign fate	= καλοήθης μοίρα
at a ripe old age	= σε προχωρημένη ηλικία
the number 1 killer	= η νούμερο 1 αιτία θανάτου
a shift in numbers	= μια μετατόπιση στους αριθμούς
steadily plummeting rates	= σταθερά μειούμενα ποσοστά
a small decline	= μια μικρή πτώση
cancer-related deaths	= θάνατοι που σχετίζονται με καρκίνο
to fight heart diseases	= καταπολεμά καρδιακές ασθένειες
early diagnosis	= έγκαιρη διάγνωση
targeted treatment	= στοχευμένη θεραπεία
control of risk factors	= έλεγχος των παραγόντων κινδύνου
to cry out in pain	= σφαδάζει στον πόνο
a coronary catheter	= καθετήρας στη στεφανιαία αορτή
to give up your secret	= αποκαλύπτεις το μυστικό σου
arterial obstruction	= βούλωμα στην αρτηρία
to be at fault	= έχεις άδικο
to correct it in a flash	= το να διορθώσεις αστραπιαία
to lengthen your life	= το να επιμηκύνεις τη ζωή σου
smoking rates cut in half	= τα ποσοστά καπνίσματος μειώνονται στο μισό
cholesterol levels have fallen	= τα επίπεδα χοληστερίνης έχουν πέσει

to clearly spell out the risk factors = διατυπώνω ξεκάθαρα τους παράγοντες κινδύνου

§B

cancer gallops through the population	= ο καρκίνος σαρώνει μέσα στον πληθυσμό
expertise in detecting a disease	= ειδικευση στον εντοπισμό μίας ασθένειας
a growing expertise	= αυξανόμενη εξειδίκευση
the survival rate is 84%	= το ποσοστό επιβίωσης είναι 84%
malignancy	= κακοήθεια
malignant tumor	= κακοήθης όγκος
regular screening	= τακτικός διαγνωστικός έλεγχος
a grim reality	= μια δυσοίωνη πραγματικότητα

§C

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|---|--|
| genomic technology | = γονιδιακή τεχνολογία |
| trial and error | = δοκιμή και σφάλμα |
| to relinquish your title | = παραιτείσαι από τον τίτλο σου |
| the disease-in-chief | = η κύρια ασθένειά σου |
| to translate a DNA profile
into a targeted treatment | = το να μεταφράσεις ένα γονιδιακό αποτύπωμα σε στοχευμένη θεραπεία |



Summary and Oral Presentation

WRITE a summary (~80 words) of the text and prepare an oral presentation following questions below.

Use as many of the collocations as possible!



1. What precautions can we take against **heart attacks**?
2. What types of **cancer** have been the prevailing ones?
3. What medical **precautions** have been taken?

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Vocabulary Extension (pages 62, 63)

formal

1. obese = παχύσαρκος
2. corpulent = παχύσαρκος - ευτραφής

impolite

1. stocky = κοντόχοντρος & γεροδεμένος
2. rotund = στρουμπουλός
3. flabby = πλαδαρός

attractive

1. plump = τροφαντούλης
2. pudgy = γεματούλης
3. chubby = τσουπωτός
4. tubby = έχει τα κιλά του

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attractive

1. slim = λεπτή
2. slender = καλίγραμμη
3. willowy = λυγερή

unattractive

1. skinny = πετσί και κόκκαλο
2. scrawny = σαν σκιάχτρο
3. bony = κοκαλιάρα

sick

1. skeletal = σκελετωμένη
2. emaciated = αποστεωμένη
3. wasted = ατροφική



benign
benevolent
beneficial

malignant
malice



Video Speaking (blog No 12)

YT:Is it time to tax junk food? Source:<https://www.youtube.com/watch?v=n0dPU05pcwg>

WATCH the documentary and use the information below to form your opinion on **whether we should impose a FAT TAX or not.**

1. Public health advocates are pushing citizen states to fattening, non-nutritious items.
2. Opponents claim that poor Americans will have to more.
3. People should have the right to eatthey want, they want.
4. Those big greasy cheeseburgers are loaded with saturated and calories.
5. Soft drinks have been treated almost like They're just part of every meal.
6. Poor consumers are often priced out. Fresher and purer foods more.
7. Over the past 30 years the percentage of obese has doubled and the percentage of obese has tripled.
8. The annual health care cost of obesity has soared to over \$......billion.
9. We ought to discourage the consumption of junk food they way we discourage
10. One penny per ounce would generate \$......billion a year in tax revenue. We can call it a TAX & WHOLE FOOD SUBSIDY
11. Raise the price of junk food and drop the cost of fresh fruit, vegetables and other perishables.
12. One penny tax on every ounce of sugary beverages – in New York state alone would \$3 billion in health care cost over the next decade.



Composition and Oral Presentation

For & Against Essay

Since the 1980s a number of respected health experts have proposed a **'fat tax'** on salty, sugary, and fatty foods. They estimate that a tax of just 1 cent on a 12-ounce soda would generate 1.5 billion dollars a year; taxing candy, potato chips, and other snack foods would yield another 314 million dollars.

Experts argue that money raised from such a tax could be used to fund nationwide campaigns promoting better eating and regular exercise.

Do you think that a 'fat tax' is a good idea;

Support your ideas with reasons and examples.

WRITE your essay in 300-350 words.



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