

## Reading Comprehension

Read the passage below and answer the questions in complete sentences.

## Obesity

Obesity is now a global trend, not only in adults but also among children and teenagers. In 2005, World Health Organization estimated that more than 20 million children above the age of 5 were overweight worldwide. Also, with the reference of the report from the World Health Organization, approximately 2.3 billion adults will be overweight and more than 700 million will be obese in the future.

$$\text{BMI} = \text{body mass} / (\text{height})^2$$

In fact, what is overweight? An international Body Mass Index (BMI index) can be used for judging whether a person is overweight or not. Body mass index is defined as the individual's body mass divided by the square of his or her height. A BMI of 18.5 to 25 may indicate optimal weight; a BMI lower than 18.5 suggests the person is underweight while a number above 25 may indicate the person is overweight; a number above 30 suggests the person is obese (over 40, morbidly obese).

Obesity leads to many kinds of diseases like hypertension, coronary heart disease and cancer. All are the leading causes of death in Hong Kong. However, the general public in Hong Kong have little knowledge about obesity and rarely seek medical advice from doctors.

1. Which organization had estimation about childhood obesity?

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2. What is the meaning of “approximately” in the passage?

- A. same as
- B. differently
- C. similarly
- D. totally

3. What measure can be used to determine whether a person is overweight or not?

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4. If a woman's BMI is 26.5, is she underweight or overweight?

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5. What kinds of diseases can be caused by obesity? List any two of them.

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