

Spelling list: healthy lifestyle 11

obesity	Obesity in children is a growing problem.
obese	It is estimated that up to 75 percent of the population will be obese in the future.
affect	The government cuts will affect everyone.
lack	Obesity can lead to a lack of mobility.
rarely	It rarely rains in the desert.
inappropriate	Inappropriate diet is a common cause of obesity.
influenced	Children are influenced by advertising.
exposed	Children are often exposed to advertising for unhealthy foods.
advertising	The government should ban advertising for foods which are high in fat and sugar.
suffer	Many people who are obese suffer from diabetes.
diabetes	Diabetes can be a life-threatening condition if left untreated.
educate	The government should educate parents about healthy lifestyles.
provide	A hotel provides accommodation.
lifestyle	Our choice of lifestyle can affect our health.
reduce	We need to reduce the amount of people who are obese.
exercise	Physical exercise is good for your health.
ban	The government should ban high fat snacks.
ensure	I had to ensure my work was completed.

snack

She eats a small **snack** at 11 o'clock.