

■ Tekst 3

Weighty matter

Sir,

I find it rather unfortunate that USA TODAY columnist Craig Wilson has gone as far as to 10 a health issue in America that is reaching epidemic proportions. I am a registered nurse, and I am continually amazed at how poorly people care for themselves when it comes to their weight and general health ("Euphemisms for gluttony tip the scales in our favor," Life, Wednesday).

I recently traveled to Europe and was astounded by its citizens' balanced diets and slimmer waistlines. Americans stick out like a sore thumb there because we eat like hogs and lumber around like barrel-bellied sows.

It is one thing to make jokes and to keep a sense of humor, but look around: Adults, and now children, are increasingly facing dire health consequences because we as a nation do not eat well, do not exercise, do not seek health care regularly and are gluttonous as a whole.

Diabetes, cardiovascular problems and knee and back problems plague the overweight.

It's time to stop making a joke about it and start making a change.

Matthew D. Byrne
Rochester, Minn.

USA Today

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- 1p **10** ■ Which of the following fits the gap in the text?
- A analyze
 - B exaggerate
 - C ignore
 - D mock
- 1p **11** ■ What is the main point made in Matthew D. Byrne's letter?
- A Americans are less interested in their appearance than Europeans.
 - B Americans should be careful not to lose their sense of humour.
 - C Americans should take their obesity problem very seriously.
 - D Americans tend to make too big an issue of their health problems.