

# Tonga prime minister challenges leaders to lose weight

Sources: theguardian.com / telegraph.co.uk / sobserver.ws

The prime minister of Tonga has challenged leaders of other Pacific nations to lose weight. He is asking them to join the fight against obesity by taking part in a one-year-long weight loss challenge. The prime minister, Akilisi Pohiva, told the Samoa Observer newspaper that he will set the challenge when leaders meet at the Pacific Island Forum in the tiny nation of Nauru in September. He said: "We should all get together for a weight-loss competition for an entire year, so when we meet the following year, we will weigh in again and see who has lost the most." He added: "We have been [talking about] the same issue, over the years but it doesn't seem to work." Mr Pohiva also spoke about Tonga's life expectancy going down because of obesity and weight-related issues. He said: "It is now down to 68 years old, yet at one stage it was 71. It has reduced significantly." He hopes his weight-loss challenge will encourage Pacific islanders to lose weight. He said: "Once the leaders are adapting to that mindset they would be determined to get their people [doing] the same...and go from there." The Secretary General of the Pacific Island Forum said Pacific island nations were losing their fight against child obesity. The World Health Organization said 20 per cent of children between the ages of five and 19 were obese in 10 Pacific island countries.

## Chat

Talk about these words from the article.

leaders / nations / lose weight / obesity / challenge / competition / weigh / issue / life expectancy / significantly / encourage / mindset / determined / island / fight

## True / False

- a) Tonga's prime minister said most of the world's leaders are overweight. T / F
- b) Tonga's prime minister wants leaders to spend a year losing weight. T / F
- c) The weight-loss challenge will start next year. T / F
- d) Tonga's leader wants other leaders to meet next year to compare weight. T / F
- e) Life expectancy in Tonga has gone down because of obesity. T / F
- f) Tonga's leader wants other leaders to lead by example. T / F
- g) A forum said Pacific islands are winning the fight against obesity. T / F
- h) Around 45 per cent of Pacific island children are overweight. T / F

## Synonym Match

(The words in bold are from the news article.)

- |               |                |
|---------------|----------------|
| 1. nations    | a. question    |
| 2. fight      | b. very small  |
| 3. tiny       | c. overweight  |
| 4. entire     | d. decreasing  |
| 5. issue      | e. battle      |
| 6. going down | f. persuade    |
| 7. stage      | g. countries   |
| 8. encourage  | h. resolved to |
| 9. determined | i. whole       |
| 10. obese     | j. step        |

## Discussion—Student A

- What do you think of Mr Pohiva's challenge?
- What do you think of your weight?
- Why are so many people getting overweight?
- Should leaders and celebrities worldwide join this challenge?
- Have you ever tried to lose weight?
- Why are Pacific islanders so overweight?
- Should schools and employers do things to encourage healthy weights?
- What do you know about Tonga and other Pacific island nations?

## Discussion –Student B

- What do you think about what you read?
- What's the best way to lose weight?
- Will countries lose the fight against obesity?
- Is dieting or exercising the best way to lose weight?
- How can we encourage children to control their weight?
- What are the biggest causes of obesity in children?
- People are either starving, on a diet or overweight. Why?
- What questions would you like to ask Mr Pohiva?

## Phrase Match

- |                     |                          |
|---------------------|--------------------------|
| 1. join the fight   | a. the challenge         |
| 2. he will set      | b. related issues        |
| 3. see who has lost | c. to work               |
| 4. over the         | d. ages of five and 19   |
| 5. it doesn't seem  | e. against obesity       |
| 6. life             | f. the most              |
| 7. weight-          | g. against child obesity |

- |                       |                  |
|-----------------------|------------------|
| 8. It has reduced     | h. expectancy    |
| 9. losing their fight | i. years         |
| 10. between the       | j. significantly |

## Spelling

1. join the fight against *styoieb*
2. *inkgat* part
3. the tiny *iatnno* of Nauru
4. for an *teneri* year
5. when we meet the *iolwnofgl* year
6. talking about the same *siseu*
7. Tonga's life *tcacepexyn*
8. It has reduced *tsngacfiinyl*
9. *cerugneao* Pacific islanders
10. *apndgiat* to that mindset
11. they would be *deetiedrmn* to get their people
12. nations were losing their *gifht*

## Role Play

### Role A –Eating Only Fruit

You think eating only fruit is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective way of losing weight (and why): jogging, having no lunch or drinking water.

### Role B –Jogging

You think jogging is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective way of losing weight (and why): eating only fruit, having no lunch or drinking water.

### Role C –Having No Lunch

You think having no lunch is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective way of losing weight (and why): jogging, eating only fruit or drinking water.

### Role D –Drinking Water

You think drinking water is the best way to lose weight. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective way of losing weight (and why): jogging, having no lunch or eating only fruit.

# Speaking–Weight Loss

Rank these with your partner. Put the best ways to lose weight at the top. Change partners often and share your rankings.

- drink lots of water
- weigh yourself daily
- low carbohydrate
- cycle to work/school
- fruit only
- jog
- no lunch
- no sugary foods

## Writing

All world leaders should lose weight to encourage their people to stay slim. Discuss.

Answers –Synonym Match

1. g
2. e
3. b
4. i
5. a
6. d
7. j
8. f
9. h
10. c

Answers –True False

A F  
B T  
C F  
D T  
E T  
F T  
G F  
H F

Answers to Phrase Match and Spelling are in the text.

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