



Intermediate 1 (I-1)
Family and Health

Article 4: Grandparents increasing risk of obesity in grandchildren

Leaving your children with their grandparents may be bad for the little ones' health. This is according to new research in the 'International Journal of Obesity'. The British study showed that children who are looked after by their grandparents tend to be more overweight. Researchers looked at over 12,000 toddlers between the ages of nine months and three years. Their data showed that grandparents increased the risk of **obesity** in the children by as much as 34 per cent. Kids who are looked after by their parents or who go to nurseries had no similar risk of weight problems. The research also showed that children of richer parents were more at risk, especially if the mother had a management position and/or a university education.

<http://www.breakingnewsenglish.com/1002/100216-grandparents.html>

Let's Talk !

In what ways do you think grandparents might be harmful to their grand children's health?

Why do you think children from richer families are more at risk of obesity?

Why might a child be more at risk of becoming obese if his or her mother has a university education?

How can you reduce obesity rates in your country?