

Worksheet for Unit 04: Obesity

D : Good morning, Mr./Ms. XXXX. I'm Dr. YYYY. (1)今日はどうされましたか？

P : My wife told me I should see a doctor because I'm so fat.

D : (2)体重はどれくらいですか？

P : About 90 kg.

D : And (3)身長はどれくらいですか？

P : 170 cm.

D : Let's see ... that means you have a BMI of 31.14.

P : What's a BMI?

D : It stands for body mass index, and it's calculated on the basis of your height and weight. Someone with a BMI of 30 or more is considered to be obese. (4)どれくらいの期間肥満が続いていますか？

P : Well, I got married five years ago, and I've gained about 15 kg since then.

D : (5)どのような種類の食品を食べられますか？

P : My favorites are meat, dairy products, and sweet things. My wife's a good cook, and I particularly like her cakes!

D : Well, (6)砂糖のとりすぎで体重が増えているのは間違いありません。Do you drink?

P : Yes, I like wine. I drink red wine with cheese most evenings.

D : Do you get much exercise?

P : I used to exercise every day to keep in shape, but I don't seem to be able to find time these days.

D : Do you go for regular check-ups?

P : No, I don't. I had one last month for the first time in three years. They told me I was obese, of course.

D : Well, (7)あなたが摂取するカロリー数と消費するカロリー数のバランスをとることがとても大切です。To do so, you need to do exercise regularly and eat less.

P : I know, but it's not easy.

D : First of all, (8)私にあなたを検査させてください to see whether you have any obvious obesity-related problems.

P : OK.

(1) What can I do for you today?

(2) How much do you weigh?

(3) how tall are you?

(4) How long have you been overweight?

(5) What kind of food do you eat?

(6) there's no doubt that eating a lot of sugar makes you put on weight.

(7) it's very important to balance the number of calories you eat and the number you burn.

(8) let me examine you to see whether you have any obvious obesity-related problems.