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News Review

Britain must diet, say health officials



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The story

Health officials have called on the food industry to cut the calorie content of their products to help combat obesity.

Public Health England has set the target of a 20% reduction by 2024 for restaurant, retailers and manufacturers.

If it isn't achieved, the government has said legislation is an option.

Vocabulary

drive

organised attempt to achieve something

excess

an amount more than necessary

creep

slow, gradual change or growth

Language challenge

Top health officials say that Britain is too fat and needs to lose weight. Which of these phrases does NOT refer to the aim of most dieters?

- a) slim down
- b) shed weight
- c) bulk out

Answer

c) bulk out

'Bulk out' means 'get bigger and heavier'. 'Slim down' and 'shed weight' both refer to weight loss, which is the aim of most dieters.