**Vocabulary**

1. **overweight** ['əʊvəweɪt] – to have extra weight
2. **obese** [əʊ'bi:s] – extremely fat
3. **obesity** [əʊ'bi:sətɪ] – the state of being too fat
4. **to prevent** [prɪ'vent] – to stop something from happening
5. **to burn** [bʒ:n] – to destroy by fire or extreme heat
6. **calorie** ['kælərɪ] – energy that food gives
7. **to skip** [skɪp] – to move making jump
8. **to lose** [lu:z] – to have less of something than you had before
9. **muffin** ['mʌfɪn] – a small sweet cake that often has fruit inside it

10)**jogging** ['dʒɒgɪŋ] – running at a slow speed

11)**doughnut** ['dəʊnʌt] – a small round cake with a hole in the middle