

2016 level 2 second text translated

Mexicans love soft drinks so much that even young people go to school in the morning with a giant bottle of 2 or 3 litres. In fact, Mexicans drink more soft drinks than almost any other country in the world and it's the second most obese nation in the world behind the US. Obesity among children has increased by 40 % in the last 10 years. No other country in the world has experienced such an intense increase in obesity.

In the last 2 decades, the Mexican diet has transformed and the diet of the indigenous peoples has disappeared. Consumption of beans has reduced by half. In the last 14 years consumption of fruit and vegetables has fallen 30% in favour of the consumption of processed foods and sugary drinks. Even in the most remote villages, the little shops sell cookies, cakes, donuts and small cakes as well as soft drinks and sugary non-fizzy drinks. It's fast, easy and delicious.

As a result, in 2014, the Mexican government put on a tax that increased the price of non-alcoholic drinks that contain sugar by more than 10 percent. A study carried out says that, as a result of this tax, the purchase of sugary drinks dropped in 2015. Also, the population has to be educated, to encourage changes of behaviour and to regulate the advertising. Among the measures to combat obesity they is a campaign that encourages people to return to eating like their grandparents. In the mountainous village of San Juan Chamula, the population met to listen to music and to eat traditional dishes. Jamie Oliver, who visited Mexico to record a documentary against sugar, confirms that Mexico doesn't need to look outside its borders for a solution for diabetes and obesity. The solution is in Mexico and it's the traditional food.

According to the soft drink industry, an active lifestyle is the solution and not a change in diet or the introduction of taxes on fizzy drinks. Therefore, drink companies have sponsored sporting events to support the solution of being active but it's impossible to negate that without these products, obesity would be much less, even among less active people.

THE ADVERTISEMENT:

Would you give them 12 spoonfuls of sugar?

Why give them soft drinks?