

Check your understanding



1 The higher the percentage of working women, the higher the obesity rates. Why might this be the case?

Answer [If both men and women are working, there is less time to prepare meals and more people turn to pre-prepared highly processed foods which can lead to obesity.]

2 Why can increasing taxes on highly processed foods lead to higher underweight rates in some cases?

Answer [Highly processed foods might not be very healthy, but they are still a cheap source of energy. If they become more expensive, poor people will have even more problems acquiring food.]

3 Looking at the table categorizing foods by the level of processing. How would you categorize these products: frozen pizza; apples; canned apples in syrup; apple vinegar.

Answer [Groups: 4, 1, 3, 2.]

4 Why are both overweight and underweight problems occurring at the same time in poorer countries?

Answer [Very poor people don't have enough money to buy food and may be underweight; on the other hand, when poor people get a bit richer, they are likely to buy more of the cheapest food, which is often highly processed and can lead to obesity.]

5 (Bonus) Is your country listed in Table 2? If so, based on our analysis, what impact would a tax on highly processed foods have there?