

Task:

nowadays overeating become a serious problem for the wealthy nations, a problem that is even greater than hunger to others. Why this is happening? What can be solution?

These days one of the worries among the experts in the affluent societies is obesity. In many rich nations individuals suffer from over-weighting. There are many reasons in this regard some of which will be discussed in this essay, presenting the author's solution.

Firstly, from my perspective one of the main reasons of overeating is the advertisements industry. With the advent of TV, many food producers commence ~~to~~ introduceing their products on that and pester individuals to consume their new products which are introduced day by day. ~~in~~ In my country, For example, there are many advertisements about the pastas, sauces and snacks which encourage families to consume them. I think governments should introduce laws which banned producers from ~~to~~ bombarding consumers to buy their products with these kinds ~~this kind~~ of advertisements.

Secondly, in well-off communities, people spend most of their time at the work place and the role of families pales by this method of life, so people are eager to spend their leisure time in restaurants and cafes to compensate their social relational lack and the result is overeating. For instance, the majority of Americans ~~dedicate most of their free time to~~ spend most of their free time in bars and restaurants, so. ~~So~~ the large proportion of inhabitants suffer from over-weighting. I believe that governments and psychologists should pave the way for alternative recreations instead of wasting time in such places.

As a conclusion, I strongly believe that overeating is an outcome of the life style in wealthy nations and governments should undertake responsibility to address this issue, otherwise, in the coming decades they will encounter with a generation who which suffer from ~~form~~ several diseases.