

YOUR VERSION

One of current issues of health is obesity. This is caused by culture as well as nature. On the one hand, adiposity is connected with technical development of civilization, because adiposity becomes a serious problem more in developed countries than in undeveloped ones. In order to produce sweets and meat which tends to make people fat, the advanced technology and industry are necessarily unlike cereals and vegetables. On the other hand, obesity is a result of natural selection. The theory of evolution states that the predilection

for fat is an outdated survival tactic of human race. Fat is an essential nutrition for the fight against the cold in winter. Since fat was very rare in the past, its intake was not easy. As a result, only those who had the predilection for fat could survive. This old habit leads to fatal health problem in modern time.

To sum up, adiposity is not only a cultural as well as a natural phenomenon.

“Adiposity” is a very unusual term, probably used only by medical specialists.

CLEAR ERRORS:

- One of THE current issues
- I prefer: “obesity is linked to” and not “connected to”
- “Obesity IS a serious problem.” not “becomes”. You could say “Obesity IS BECOMING” a serious problem, but I prefer: “Obesity HAS become”
- *“In order to produce sweets and meat which tends to make people fat, the advanced technology and industry are necessarily unlike cereals and vegetables”* - this doesn't make sense Do you mean: *“Today's technologically-advanced food industry produces many high-calorie and processed products in contrast to the low-fat content of fresh and unprocessed foods.”?*
- *“The theory of evolution states that the predilection for fat is an outdated survival tactic of human race.”* - You need “THE human race”.
- *“This old habit leads to fatal health problem in modern time.”* - BE CAREFUL OF THE SIMPLE PRESENT.... This sentence is basically good but must be like this: *“This old habit HAS LED TO (or IS LEADING TO) leads to SERIOUS health PROBLEMS in modern TIMES.”* “FATAL” is too strong; it means DEATH. This may be true for many, but “SERIOUS” is better here.

MY VERSION

Obesity is a major current health issue (or concern) and is caused by both cultural and natural factors. Concerning the former, the fact that obesity is a much more serious problem in developed countries than in undeveloped ones clearly links it to the technical “progress” of civilisations. A large number of humans seem to have a predilection not only for eating meat where possible but also for foods containing high levels of sugar and fat. Modern industry successfully - and of course profitably - caters for this demand in developed countries, where the consumption of fresh and unprocessed foods is consequently much lower than in the so-called undeveloped world. In the latter, of course, most people simply cannot afford such a diet, though ironically, this may - up to a point - be good for their basic health.

Why is this propensity to consume meat and high-calorie foods so prevalent in developed countries? It is generally accepted that natural selection plays a part. In Man's early development, there was no organised cultivation of crops and humans survived largely by hunting animals. These provided essential high-energy food and those who consumed the most fat were likely to survive better. Many humans retain this millennia-old instinct of eating as much high-calorie food as possible, even though this is no longer necessary for survival and indeed may even shorten their lifespan.