

Where to go to be healthy in Africa

When you watch TV in other countries, you think that people in Africa are poor and don't have enough to eat. But did you know that in some places people are getting fat? This is a new problem. It is because of a change in the jobs they have. People in cities work in offices. They sit at desks all day with computers. Many drive cars to go to work. They don't work like before when they worked in the fields. But they still eat the same. The World Health Organisation says people need to change what they eat and what they do. A group called the Vitality Group studied lifestyles in different regions in Africa.

They say some cities in Africa are helping people have a more healthy life. Here is a small list:

Capetown: South Africa

In Capetown, people changed what they buy in shops. They buy more fruit and vegetables. But they also buy a lot of sugar and salt. Too much sugar and salt is not good for your health.

Kigali: Rwanda

In Kigali, there were some serious problems. Thanks to the Government, there are now special gym centres in many parts of the city. Companies have special physical exercise classes for the workers. Kigali is now a clean city and you can buy lots of fruit and vegetables there.

Dakar: Senegal

Dakar is a very healthy city. 87% of the people are healthy. There is lots of music and dance in the city. People say this is why everyone is healthy

Brazzaville: Congo

According to Vitality Group, bankers are less healthy than railway workers. People in office jobs do less exercise. But like in Kigali, some companies are helping their workers.

The message is clear. Eat more fruit and vegetables. Reduce sugar. Do more exercise.

New words for this article

| | |
|-------------------|-------------------------------|
| 1. lifestyle | The way you live |
| 2. healthy | In good physical condition |
| 3. office | A place of work with desks |
| 4. railway worker | someone who works with trains |

Comprehension questions

Indiquez si les expressions suivantes sont vraies (True) ou fausses (False).

1. People want to change what they eat
2. Sugar and salt help you stay healthy
3. The Government built gyms in Kigali
4. Music and dance help you stay healthy
5. The government in Congo is doing the same as the government in Rwanda

Answers
Comprehension questions

| | |
|---|-------|
| 1 | False |
| 2 | False |
| 3 | True |
| 4 | True |
| 5 | True |