

**UNIVERSIDAD NACIONAL DE COLOMBIA - SEDE MEDELLÍN – CENTRO DE
IDIOMAS**

Exercise: The Cause and Effect Pattern

Write the topic for each paragraph. Underline the signal words. Write the causes and the effects on the lines.

Scientists and doctors say that about 34 million Americans are too fat. Why is this? One cause is the kind of food Americans eat. Many Americans like “fast Foods.” These foods (such as hamburgers and ice cream) often have fattening things in them. Another cause is the way Americans eat. They often eat little snacks between regular meals. These are extra foods and extra fat on the body. A third cause is not enough exercise. Americans like driving everywhere, instead of walking. They often have machines to do a lot of the work. Some Americans are also too heavy because of health problems. But for most of those 34 million Americans, the problem is the American lifestyle.

Topic: _____

Causes

Signals

Effects

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

If you are too fat, you may have serious problems with your health. A group of doctors wrote a report about some of the effects of too much fat. One important effect is on the heart. If you are fat, your heart has to work harder. This may lead to a heart attack. Or it may lead to other heart problems. Extra fat can also change the amount of sugar in your blood. This can cause serious diseases such as diabetes. High blood pressure is another possible result of being fat. Even cancer can sometimes be a result. More studies are needed about all these problems. But one thing is clear: extra fat may make your life shorter.

Topic: _____

Causes

Signal Words

Effects

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
