



Trump's Health Adviser Unveils Bold Plan to Combat Top Disease

Description

Donald Trump may soon initiate a sweeping campaign against unhealthy eating, potentially marking one of the largest public health initiatives in U.S. history.

Despite his well-known love for fast food, a doctor who might advise the forthcoming administration asserts that Trump is serious about transforming American diets.

Dr. Aseem Malhotra, a British cardiologist and frequent podcast guest, has close connections to Robert F. Kennedy Jr. and cautions that the nation's chronic disease crisis is closely linked to excessive consumption of ultra-processed foods.

In discussions regarding a potential role in the White House, Dr. Malhotra suggested treating junk food similarly to tobacco. He advocates for bans on high-calorie items like burgers and pizzas in schools and hospitals and supports a 'fat tax' on unhealthy snacks.

He elaborated that public health strategies must target the availability, acceptability, and affordability of food. By taxing unhealthy options, consumption could be reduced, encouraging the food industry to develop healthier alternatives.

Dr. Malhotra, who previously advised the UK government, highlighted the success of the sugar levy implemented in Britain, which reduced sugar intake across the population.

While Trump's team has not confirmed Dr. Malhotra's potential role, he is being considered for a position focused on combating heart disease, which remains the leading cause of death in the U.S. Ultimately, Dr. Malhotra believes if robust policies are enacted promptly, significant improvements in public health could be seen during Trump's presidential term.

Vocabulary List:

1. **Initiative** /ɪˈnɪʃ.ə.tɪv/ (noun): An important new plan or process to achieve something or solve a problem.
2. **Excessive** /ɪk'sɛs.ɪv/ (adjective): More than is necessary normal or desirable; immoderate.
3. **Consumption** /kən'sʌmp.fən/ (noun): The act of using eating or drinking something.
4. **Affordability** /əˌfɔːrdə'bɪlɪti/ (noun): The state of being affordable; the ability to be obtained without great expense.
5. **Advocate** /'ædvəkeɪt/ (verb): To publicly recommend or support.
6. **Strategies** /'strætɪdʒiz/ (noun): Plans of action designed to achieve a particular goal.



Comprehension Questions

Multiple Choice

1. What does Dr. Aseem Malhotra propose in relation to unhealthy eating?
Option: Bans on high-calorie items in schools and hospitals
Option: Tax on unhealthy snacks
Option: Both A and B
Option: None of the above
2. What is Dr. Aseem Malhotra's background?
Option: American nutritionist
Option: British cardiologist
Option: French neurosurgeon
Option: Canadian psychiatrist
3. What success story did Dr. Malhotra highlight in relation to reducing sugar intake?
Option: Salt levy in the UK
Option: Sugar tax in Australia
Option: Sugar levy in Britain
Option: Soda ban in the US
4. Which public health strategies did Dr. Aseem Malhotra emphasize?
Option: Availability only
Option: Affordability only
Option: Acceptability only
Option: Availability, acceptability, and affordability
5. What role is Dr. Aseem Malhotra being considered for in the White House?
Option: Secretary of State
Option: Secretary of Defense
Option: Advisor on heart disease
Option: Chief of Staff
6. What does Dr. Aseem Malhotra believe could happen with the prompt enactment of robust policies?
Option: Significant improvements in public health



- Option: No change in public health
- Option: Decrease in public health
- Option: Inconsistent results

True-False

- 7. Dr. Aseem Malhotra advocates banning high-calorie items in schools and hospitals.
- 8. Dr. Aseem Malhotra has connections to Robert F. Kennedy Jr.
- 9. Dr. Aseem Malhotra believes that ultra-processed foods are not linked to chronic diseases.
- 10. Trump's team has already confirmed Dr. Malhotra's future role in the administration.
- 11. Dr. Aseem Malhotra has previously advised the UK government.
- 12. Heart disease is the leading cause of death in the U.S., according to Dr. Aseem Malhotra.

Gap-Fill

- 13. Dr. Aseem Malhotra suggests treating junk food similarly to _____.
- 15. Dr. Aseem Malhotra aims to reduce consumption of unhealthy options by implementing a _____ on such items.
- 16. Dr. Aseem Malhotra suggested bans on high-calorie items like burgers and pizzas in _____ and _____.
- 17. Dr. Aseem Malhotra cautioned that the nation's chronic disease crisis is closely linked to excessive consumption of _____ foods.
- 18. Dr. Aseem Malhotra is being considered for a position focused on combating _____ disease.



Answer

Multiple Choice: 1. Both A and B 2. British cardiologist 3. Sugar levy in Britain 4. Availability, acceptability, and affordability 5. Advisor on heart disease 6. Significant improvements in public health

True-False: 7. True 8. True 9. False 10. False 11. True 12. True

Gap-Fill: 13. tobacco 15. tax 16. schools, hospitals 17. ultra-processed 18. heart

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What type of disease occurs when the immune system mistakenly attacks healthy body tissues?
Option: Exhaustion
Option: Autoimmune
Option: Influenza
Option: Conjunctivitis
2. How is the flu virus primarily spread from person to person?
Option: Diagnosis
Option: Vaccination
Option: Transmission
Option: Disinfection
3. What term describes an increased likelihood of developing a particular disease based on genetic factors?
Option: Initiative
Option: Predisposition
Option: Combustion
Option: Hypersensitivity
4. Which term describes a person or group at a higher risk of being harmed?
Option: Perception
Option: Inflammation
Option: Outsider
Option: Vulnerable
5. What factor refers to the ability to make a purchase or pay for services?



- Option: Cultivate
- Option: Affordability
- Option: Transmission
- Option: Pollution

6. What process involves identifying a disease or condition based on symptoms and test results?

- Option: Excessive
- Option: Consumption
- Option: Diagnosis
- Option: Advocate

7. How does pollution primarily enter the body causing potential health issues?

- Option: Strategies
- Option: Inhaled
- Option: Initiative
- Option: Influenza

8. Which term refers to the way in which something is viewed or understood?

- Option: Predisposition
- Option: Perception
- Option: Advocate
- Option: Hypersensitivity

9. What term means to accept or support something willingly?

- Option: Epidemiologist
- Option: Embrace
- Option: Pollution
- Option: Vulnerable

10. What term describes a difficult and prolonged effort to achieve something?

- Option: Struggle
- Option: Initiative
- Option: Hypersensitivity
- Option: Affordability

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ can occur due to prolonged physical or mental exertion leading to fatigue.

12. After facing a challenging situation a sense of _____ may bring comfort and



relaxation.

13. _____ is an inflammation of the transparent membrane covering the white part of the eye.

14. Taking the _____ to start a new project can lead to positive outcomes and progress.

15. Excessive _____ of unhealthy foods can contribute to various health issues.

16. An _____ for change promotes and supports actions for a specific cause or issue.

17. Developing effective _____ can help in achieving long-term goals and success.

18. _____ in the environment can have negative effects on human health and ecosystems.

19. It is important to _____ new ideas to foster innovation and growth.

20. Individuals with _____ may react strongly to certain triggers due to heightened response.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. He was in _____ when he heard the unbelievable news.
22. The annual vaccine is recommended to reduce the risk of flu infection.
23. To be successful in life one must _____ positive habits and attitudes.
24. Maintaining an optimistic outlook can enhance one's sense of _____.
25. She acts as an _____ for animal rights and welfare in her community.
26. Individuals who may have been exposed to a contagious illness are placed in _____ to prevent spread.
27. The process of fossil fuels burning results in _____ and the release of harmful gases.
28. Feeling like an _____ among a new group of people can be challenging.



29. Efforts to reduce air and water are crucial for environmental sustainability.

30. Understanding the modes of of infectious diseases is vital for public health interventions.

Answer

Multiple Choice: 1. Autoimmune 2. Transmission 3. Predisposition 4. Vulnerable 5. Affordability 6. Diagnosis
7. Inhaled 8. Perception 9. Embrace 10. Struggle

Gap-Fill: 11. Exhaustion 12. Relief 13. Conjunctivitis 14. Initiative 15. Consumption 16. Advocate 17.
Strategies 18. Pollution 19. Embrace 20. Hypersensitivity

Matching sentence: 1. Disbelief 2. Influenza 3. Cultivate 4. Positivity 5. Advocate 6. Quarantine 7. Combustion
8. Outsider 9. Pollution 10. Transmission

CATEGORY

1. Health - LEVEL4

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