



(AP)

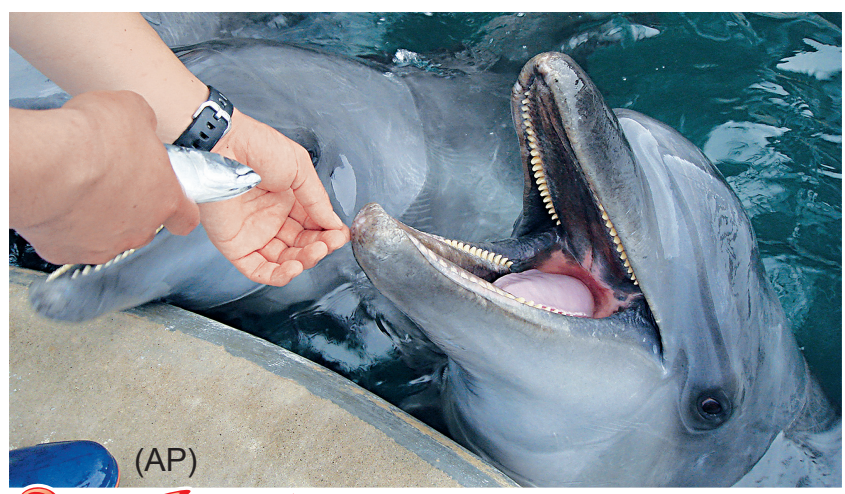
DO you like going to **marine parks** and see the **brilliant performance** by the lovely dolphins? Dolphins always seem **energetic** and fit. But you know what, an overweight dolphin was found in a marine park in Toyooka in Japan! Why would it become that fat? Read on to learn more about it!

The fat dolphins



We are what we eat

IN marine parks, **keepers** **train** dolphins to do different kinds of **tricks**. They reward the dolphins with **mackerel**, the dolphins' favourite food. In the marine park in Toyooka, the park keepers found out that their dolphins are becoming too fat. The dolphins are so fat that they were not able to do the tricks or even stay upright in the water! Experts later found out that this was because the mackerel they ate had become much fatter than before. The dolphins are now on diet to become slim and fit again!

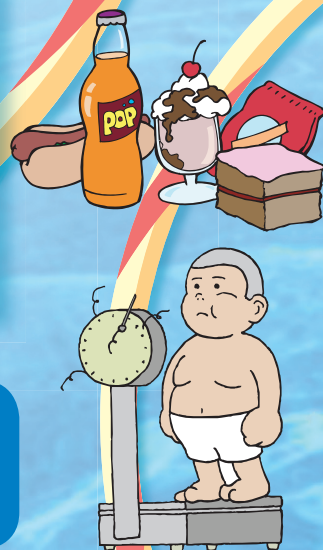


(AP)



Obesity

LIKE the dolphins, many children are found to be overweight. Again, like the dolphins, they become fat because of what they eat. It is easy for children to get junk food like sweets and chips. These kinds of food contain a lot of fat and little nutrients. So, don't eat too much junk food, otherwise you will be as fat as the fat dolphins!



Vocabulary

marine park (n) 海洋公園
brilliant (adj) 出色的
performance (n) 表演
energetic (adj) 精力旺盛的

keeper (n) 飼養者
train (v) 訓練
trick (n) 把戲
mackerel (n) 鯖魚