

**Here are different views on metabolism. State whether you agree or disagree with each view and justify your answer.**



**UP**



**DOWN**

**Go to statement 1**



**Strict diets increase metabolism.**



**Go to statement 2**

A large rectangular area with a light gray background and horizontal blue lines, resembling a piece of lined paper for writing. It is framed by a thick border with a green-to-red gradient.



**Heredity affects metabolism only  
to some extent.**



**Go to statement 3**

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**Metabolism slows down over the years.**



**Go to statement 4**



**Dietary changes can boost metabolism.**



**Go to statement 5**

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**Cutting down on meals, I will increase  
my metabolism.**



**Go to statement 6**

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**Obese people have a low metabolism,  
while thin people have a higher one.**



**Go to statement 7**



**In Greece - which has a warm climate - we burn more calories than e.g. in Finland.**



**Go to statement 8**



A large, empty, lined writing area with horizontal blue lines on a white background, framed by a red border.



**A slow metabolism is always slow and cannot change.**

