

Manuel Uribe



Manuel "Xavier" Uribe is a 47 year old man from Monterrey, Mexico, who is known as one of the most obese men in history. After reaching a peak weight of around 597 kg and having been unable to leave his bed since 2001, Uribe lost approximately 1/3 of his body weight, (about 181.8 kg) with the help of doctors and nutritionists and by following a special diet. Uribe **drew** worldwide attention when he appeared on Mexican television in January 2006. He was offered surgery to help him get thinner but he rejected the offer.

Uribe has also been featured on *The World's Heaviest Man*, a television documentary about his life and his **battle** against the disease. By October 26, 2008, Uribe had reduced his weight to 360 kg. He is still fighting to get thinner. As of February 2012, he weighed 227 kg.

Manuel currently lives in San Nicolas de los Garza, Mexico. He says that when he was a child, he was only slightly obese. When he became an adult in his 20s, his obesity became a **severe** problem. Manuel started selling tacos near his house. However, Manuel ended up eating the tacos instead of selling them. Manuel soon moved to the United States. In 1987, his family moved to the United States for a job. Manuel and his wife lived in Texas, where he found a job fixing typewriters. This job required Manuel to spend all day sitting at a desk. He said, "Life in the U.S. is like that. You just go from your desk to your car. I used to drive my car to and from work, so I didn't get any exercise".

Manuel Uribe's weight-loss diet consists of 2,000 daily calories, with six meals (egg-white omelets, fresh salads, chicken fajitas, fish fillet with spring greens). Dr. Barry Sears, who made the diet said: "Manuel's ability to lose more than 400 pounds without weight loss surgery is a **remarkable** accomplishment."

Uribe gave diet advice to other people who were critically obese and bedridden. One example is when Uribe helped José Luis Garza a fellow Mexican who weighed 450 kg. **He** used to work as a chef at a bowling alley, but had been unable to get out of his bed for four months. In an interview Garza said: "Manuel inspires me with courage and the will to live." Uribe sent fruit and vitamins to him but sadly, Garza's heart failed and he **passed away** on October 8th, 2008.

Manuel has announced plans to start an organization called the Manuel Uribe Foundation to educate Mexican people about nutrition and to fight obesity problems.



1. According to the article, how much weight did Manuel Uribe lose after his special diet?
 - a) Uribe lost exactly 13% of his body weight
 - b) Uribe lost roughly 30% of his body weight
 - c) Uribe lost close to 50% of his body weight
 - d) Uribe lost about 47% of his body weight

2. The word “drew” in paragraph 1 could be replaced with:
 - a) wrote
 - b) attracted
 - c) sketched
 - d) penciled

3. The word “battle” in paragraph 2 could be replaced with:
 - a) war
 - b) struggle
 - c) contest
 - d) argument

4. According to the article, when did Manuel weigh 360 kilograms?
 - a) October, 1987
 - b) January, 2006
 - c) October, 2008
 - d) February, 2012

5. The word “severe” in paragraph 3 could be replaced with:
 - a) hard
 - b) strict
 - c) easy
 - d) serious

6. According to the article, what did Manuel do after immigrating to America?
 - a) he sold tacos
 - b) he was a chef
 - c) he educated Mexicans
 - d) he fixed typewriters

7. Paragraph 3 is about:

- a) Manuel Uribe is very fat
- b) How Manuel Uribe developed obesity
- c) Manuel Uribe is from Mexico but later moved to the United States
- d) Why Manuel sold tacos near his house but ate them instead

8. The word “remarkable” in paragraph 4 could be replaced with:

- a) exceptional
- b) ordinary
- c) familiar
- d) mysterious

9. The word “He” in paragraph 5 refers to:

- a) José Luis Garza
- b) Manuel Uribe
- c) Dr. Barry Sears
- d) The World's Heaviest Man

10. The phrase “passed away” in paragraph 5 is closest in meaning to:

- a) died
- b) recovered
- c) healed
- d) returned

11. What would be a good title for this passage?

- a) Manuel Uribe’s fight against obesity
- b) All about the Manuel Uribe Foundation
- c) How Manuel Uribe lost weight
- d) Why Manuel Uribe become obese

12. What can you infer about Manuel Uribe after reading this passage?

- a) Manuel Uribe thinks that fixing typewriters is a boring job
- b) Manuel Uribe is becoming more obese and doctors don’t understand why
- c) Manuel Uribe understands that it is not easy to fight against obesity
- d) Manuel Uribe is a bad person because he ate too much and got fat

Answers: 1. (b) 2. (b) 3. (b) 4. (c) 5. (d) 6. (d) 7. (b) 8. (a) 9. (a) 10. (a) 11. (a) 12. (c)