

Join the national conversation!



Word Generation - Unit 1.12

Focus Words

acknowledge | incidence | incorporate | initiative | transport



WEEKLY PASSAGE

Many young people now **acknowledge** that eating too much junk food is not good for their health. They realize that soda, chips, and candy have little nutritional value. They know that these foods have too much sugar, salt, fat and refined starches. Yet they continue to eat junk food regularly.

Many also admit that they do not **incorporate** enough exercise into their daily routines. There is a higher **incidence** of type 2 diabetes among youth in recent years. This has been linked to rising obesity rates. Diabetes is a disease in which either the body's insulin levels are too low or the body does not respond to the insulin level that is present. The digestive system breaks down food to make glucose, which provides the body's energy. Insulin is an important hormone that helps the body utilize glucose. Insulin is needed to **transport** glucose to muscles and other tissues of the body.

Despite the link between diabetes and weight, some think that schools should keep selling soda and snacks. They argue that students should have a

choice about what they eat. Selling snacks also generates money for schools. Other people think that schools make junk food too accessible. They believe that schools should cooperate with health professionals on **initiatives** aimed at changing kids' eating and fitness habits. For example, schools could fill snack machines with more nutritious foods.

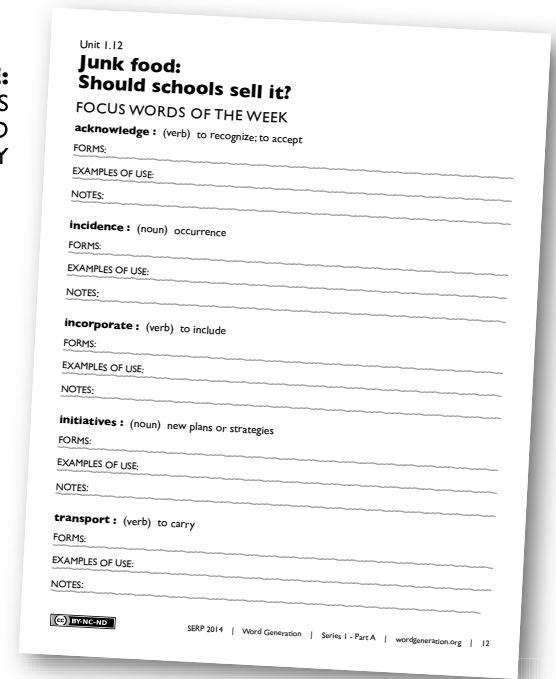
Should schools sell the snacks students want, or do they have a responsibility to promote healthy habits?

TEACHER

Discussion Questions:

- ▶ What are some reasons students acknowledge that eating too much junk food is bad for their health?
- ▶ What is diabetes? Why has there been a higher incidence of this disease among young people in recent years?
- ▶ Why do some kids think schools should continue to sell junk food?
- ▶ Why do some people support initiatives aimed at helping kids eat healthier foods in school?
- ▶ Should schools sell junk food to kids?

PLEASE NOTE:
THE STUDENT VERSION OF THIS
PAGE IS FORMATTED
DIFFERENTLY



Unit 1.12

WORD CHART FOR TEACHERS

This chart is not in the student book. It is a resource for teachers to support students in the use of the focus words each week. Students are provided one page in each unit immediately following the weekly passage with a basic definition printed and space for taking notes.

Word	Meaning	Forms			Related Words
		Inflectional	Basic Word Classes	Prefixes/Suffixes	
acknowledge	(v.) – to recognize; to accept	acknowledges acknowledging acknowledged	know	acknowledgement	knowledge
incidence	(n.) – occurrence	incidences (pl.)		coincidence incidental incidentally incident coincide	
incorporate	(v.) – to include	incorporates incorporating incorporated	corpus	incorporation incorporative corporate corporation	corporeal
initiatives	(n.) – new plans or strategies	initiative (sing.)	initiate	initiation	initial initially
transport	(v.) – to carry	transports transporting transported transport (n.)		transportable transportation	portable deport deport import comportment

Junk food: Should schools sell it?



PROBLEM OF THE WEEK

As the **incidence** of Type 2 diabetes climbs, researchers are doing more and more studies on good nutrition. Food companies try to **incorporate** findings from these studies so that consumers will continue to buy their products.

Frito-Lay is a company that makes Doritos, Cheetos, and other snack foods. These snacks are tasty, cheap, and easy to **transport**. Frito-Lay **acknowledges** that many of its foods are high in fat and sodium. Over the years, it has sponsored different **initiatives** to make its food healthier. One fat-cutting initiative led the company to develop Baked Lay's potato chips.

Here is some nutritional information about Baked Lay's chips, Classic Lay's chips, and a fresh apple.

	Lay's Classic Potato Chips	Lay's Baked Potato Chips	Apple
Serving Size	1 oz.	1 oz.	1
Calories	150	120	116
Fat	10 g	2 g	0 g
Sodium	180 mg	180 mg	2 mg

Option 1: The American Heart Association recommends that Americans eat a maximum of 1500 mg of sodium each day. What percentage of a person's daily sodium intake is in one bag of Lay's Baked Potato Chips?

- A) 6%
- B) 8%
- C) 10%
- D) 12%**

Option 2: A large apple weighs about 8 ounces. There are 16 ounces in a pound. Based on this information, how many pounds of apples would you have to eat to equal the sodium in one serving of Baked Lay's?

Answer: 45 pounds

Discussion Question: People like bagged snacks because they are cheap, easy to store, and easy to **transport**. However, the high **incidence** of illnesses caused by unhealthy diets has become a national worry. Many different health **initiatives** call for kids to snack on fresh fruits and vegetables. Schools **acknowledge** that fresh fruits and vegetables are healthy, but they are expensive. How could your school encourage all students to eat fresh fruit each day? **Incorporate** what you know about day-to-day life in the classroom and the lunchroom. What would work best for your school?

Junk Food: Should Schools Sell It?

THINKING SCIENTIFICALLY



“Given the **incidence** of obesity and overweight among young people, I don’t understand why our school sells junk food to students,” says Brianna.

“The vending machines raise money to help maintain the athletic facilities, **transport** teams to games and stuff like that,” says Anthony. “So while I **acknowledge** that junk food can be unhealthy, I think there can be an indirect benefit to students’ health when the sale of junk food helps fund school athletics.”

“Seriously?” says Brianna. “That makes about as much sense as selling fire-starting licenses to arsonists in order to fund the fire department!”

Anthony laughs. “Well,” he says, “it’s not like anyone is forcing students to buy and eat junk food. The nutritional information is printed right there on the packaging, so people know what they’re getting.”

“Fair enough,” says Brianna, “except that most people probably don’t read that stuff, and wouldn’t understand it if they did.”

“People should take more **initiative** to learn about what they’re eating and take care of their own health,” says Anthony. “I would rather **incorporate** more nutrition education into our science class than have more rules about how the school is allowed to raise money for sports and other good programs.”

“Maybe you two could help the class learn to interpret the nutrition labels on food,” says Mr. Seemy.

→ Brianna and Anthony brought in this portion of a nutrition label from a bag of Lay’s Classic® potato chips, and posed some questions:

These nutritional statistics are for a serving of 1 ounce of potato chips—about 15 chips. If you eat 2 ounces of chips, how many calories would you consume?

$2(160) = 320$ calories

Fat contains about 9 calories per gram. How many calories from fat are in one serving?

$9(10) = 90$

Carbohydrates contain about 4 calories per gram. How many calories from carbohydrates are in one serving?

$4(15) = 60$

Protein contains about 4 calories per gram. How many calories from protein are in one serving?

$4(2) = 8$

Nutrition Facts	
Serving Size 1 oz (28g/About 15 chips)	
Servings Per Container 10	
Amount per serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 350mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 2g	

*Percent Daily Values are based on a 2,000 calorie per day diet. Your daily values may be higher or lower depending on your calorie needs.

It’s typically recommended that 20-35% of the total calories in your diet should come from fat. What percentage of the calories in these potato chips comes from fat?

$(90/160)100 = \text{about } 56\%$
The calculation gives 56.25%, but the calorie counts are not really precise enough to give us confidence in the quarter percent. You don’t need to get into the details of significant figures with your students here.

Twenty servings of these potato chips would supply 100% of the daily recommended fiber. Would this be a good way to get all your fiber? Why or why not?

No, it would be a *terrible* way to get all your fiber. You would be taking in far too much fat and sodium, both of which are harmful in large quantities.

What do the approximate number of calories in fat, carbohydrates, and protein add up to? Is this close to the total calories listed for one serving?

$90 + 60 + 8 = 158$
 158 is close to 160, so the calories add up.

Junk food: Should schools sell it?



DEBATING THE ISSUE

Get ready...

Pick one of these positions (or create your own).

A Schools should not sell junk food to kids or allow it on campus at all. The increase of the incidence of obesity and diabetes in kids is a major health problem.

B Schools should sell junk food to kids. They should acknowledge that junk food is what kids like best and allow students to make their own choices about what to eat.

C Schools should sell junk food to kids, but also incorporate healthy alternatives into the menu. They should also teach kids about nutrition.

D Schools should sell junk food to kids on special occasions or allow students to bring it in themselves sometimes. Junk food should be a treat and not an everyday thing.

E _____

TEACHER

Whatever the debate format, ask students to use academically productive talk when arguing their positions. In particular, students should provide reasons and evidence to back up their assertions. It may be helpful to read these sample positions to illustrate some possibilities, but students should be encouraged to take their own positions about the issue at hand.

Get set...

Be ready to provide evidence to back up your position during your class discussion or debate. Jot down a few quick notes:

GO!

Be a strong participant by using phrases like these.

In my experience...

that's similar to what I think too...

When I re-read the text, it reminded me...

What makes you think that?

