

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?

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Junk food: Should schools sell it?

Focus Word Chart

Word	Meaning	Forms	Examples of Use	Notes
acknowledge	(v.) - to recognize; to accept			
incidence	(n.) - occurrence			
incorporate	(v.) – to include			
initiatives	(n.) - new plans or strategies			
transport	(v.) - to carry			

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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?

Math 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?

Debating the Issue



1. 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 _____

Be a strong participant by using phrases like these.

In my experience . . .

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

What makes you think that?

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

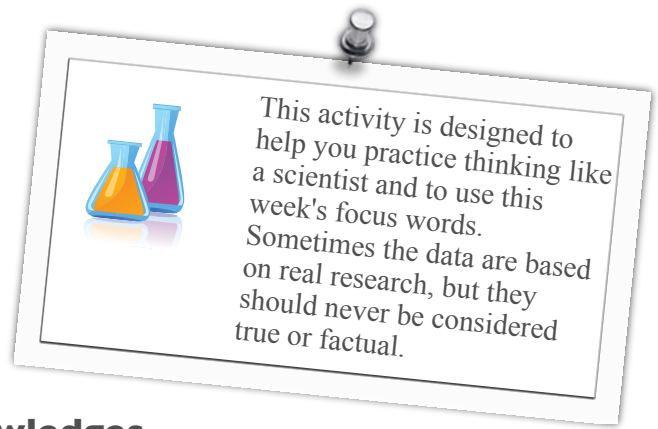
2. Get set...

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

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Science Activity



Shobi has started a school-wide **initiative** to get rid of snack machines. “Obesity is a big problem,” says Shobi. “Snack machines send the wrong message.” Ms. Hamrah, the basketball coach, **acknowledges** the high **incidence** of obesity. But she disagrees with Shobi’s **initiative**.

“We need the snack machines,” says Ms. Hamrah. “They help us pay for equipment and busses. How will we buy uniforms and **transport** athletes? Besides,” she continues, “the best way to lose weight is to work out. If kids exercised enough, we wouldn’t have to worry about snacks!”

Is Ms. Hamrah right? Is exercise the best way to lose weight?

Question:

Does exercise really cause significant weight loss?

Hypothesis:

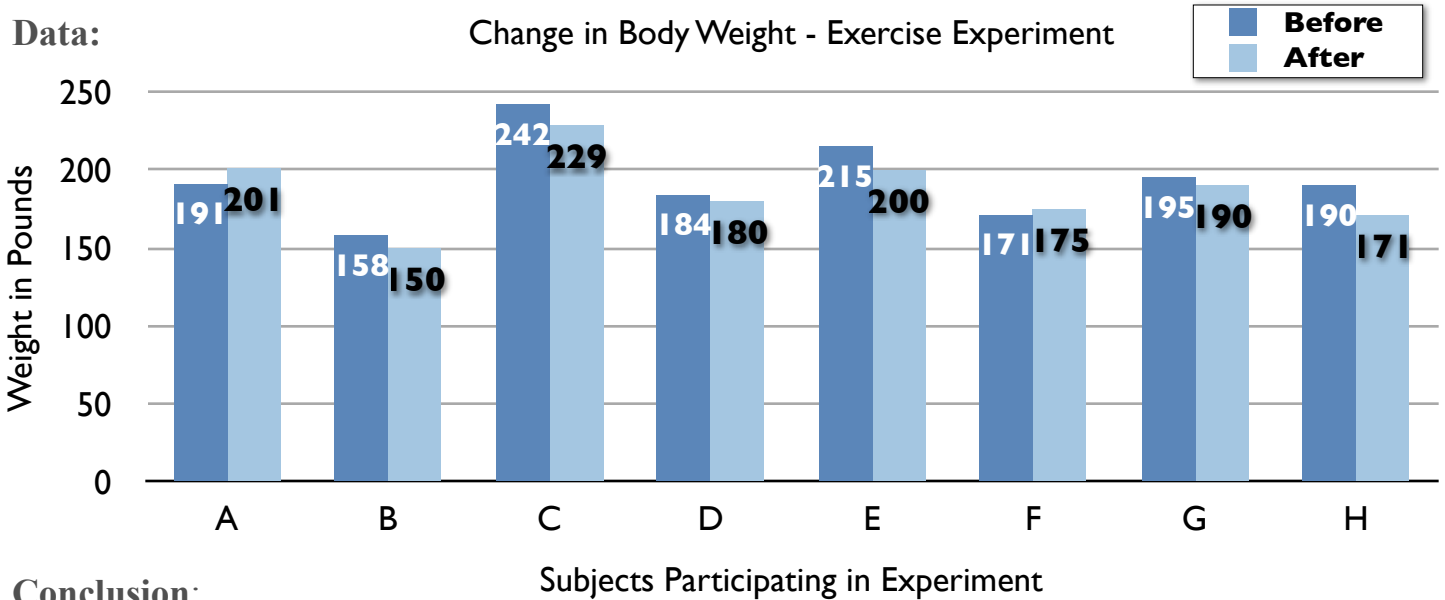
If subjects **incorporate** an hour of exercise into their schedules 5 times a week, they will lose an average of at least 10 pounds.

Materials:

- ▶ 8 overweight subjects
- ▶ Supervising doctors
- ▶ Exercise equipment
- ▶ Scales

Procedure:

1. Weigh all 8 subjects.
2. Have subjects incorporate 5 one-hour exercise sessions into each week for 3 months.
3. Weigh all 8 subjects at the end of the 3 months.



Is the hypothesis supported or not by the data?

What evidence supports your conclusion?

How would you make this a better experiment?



Support your position with clear reasons and specific examples. Try to use relevant words from the Word Generation list in your response.

Focus Words

[illegible]

Check off what you accomplished:

- ☐ Stated my own position
- ☐ Included 1 focus word

- ☐ Stated my own position clearly
- ☐ Included 1-2 arguments
- ☐ Included 1-2 focus words

- ☐ Stated my own position clearly
- ☐ Included 1-2 arguments
- ☐ Included 1 counterargument
- ☐ Used 2-5 focus words

[illegible]