



#### **Focus Words**

obesity | primary | emphasize | restrict | multidimensional



#### Weekly Passage

It's lunch time and sixth-grader Oscar Villanova visits the vending machine. He pays for an orange juice and some cheese sticks, but he really wanted soda and chips. His school, Mildred Avenue, only sells school lunch and healthy snacks.

Seventh-grader LaTisha Brown has diabetes. Her doctor says exercise will help her control the disease, but at school she only gets physical education once a week.

Many children suffer from health conditions that are caused or made worse by their lifestyles. The number of U.S. children who are overweight or <u>obese</u> has doubled since the 1970s. Rates of childhood diabetes have also risen. These conditions can put children at risk for heart disease and other major killers later in life.

These health issues are multidimensional problems with many different causes. Eating meals out, watching

lots of TV, and not being active after school can cause too much weight gain. But there are many things children can do to improve their health. Doctors say the <u>primary</u> focus for children should be eating healthy food and getting exercise every day.

Schools are getting involved in solving the problem. Some, like Mildred Avenue, restrict the snacks students can buy. Others are offering more gym classes to emphasize the importance of exercise. But some people say it is parents who should take more responsibility for teaching children healthy behavior.

Who is responsible for children's health? Should schools be involved? What about teenagers? When do young people become responsible for their own health decisions?

**Examples of Use** Who is responsible for children's health? Forms (adj.) - having many (n.) - state of being Meaning (v.) - keep within different sides or important; most (v.) - show the importance of characteristics **Focus Word Chart** (adj.) - most overweight extremely influential multidimensional Word **Unit 2.08** emphasize primary obesity restrict

#### **Unit 2.08**

## Who is responsible for children's health?



#### **Problem of the Week**

In February 2010, Michelle Obama announced the Let's Move campaign against childhood **obesity**. Fighting childhood obesity will be her **primary** mission as First Lady. Her approach is **multidimensional**: she wants to educate parents about nutrition, help families afford healthy food, and **emphasize** physical activity. She also wants to bring healthy foods to America's schools. In the past, many school lunch menus were **restricted** to foods that were cheap and easy to prepare.

**Option 1:** To help schools afford to feed students, the USDA pays schools for each lunch served. It pays \$2.68 for each free lunch. Some estimates say that low-fat, high-fiber meals with fresh fruits and vegetables would cost \$5 each. How much would the per-meal payment need to increase to cover the cost of a healthier meal?

- A) about 28%
- B) about 50%
- C) about 100%
- D) about 87%

**Option 2:** The USDA pays schools for each lunch served. It pays \$2.68 for each free lunch, \$2.28 for each reduced-price lunch, and \$.25 for each full-price lunch.

If f = the number of free lunches served, r = the number of reduced price lunches served, and p = the number of full-price lunches served, write an algebraic expression that shows the total amount each school receives in per-meal reimbursements.

**Discussion Question:** Childhood **obesity** is a big problem. Doctors **emphasize** that fighting obesity requires a **multidimensional** approach. Kids need access to healthy food. They need to **restrict** their junk food intake. They need to exercise. The U.S. spends \$150 million each year fighting obesity-related illnesses, so fighting childhood obesity could save money in the long term. But in the short term, fighting obesity could be expensive. Schools today have tight budgets. Their **primary** concern is teaching kids. What are some inexpensive things schools could do to fight obesity?

# Who is responsible for children's health?

**Debating the Issue** 

## I. Get ready...

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

Parents should take more responsibility for what their children eat and do inside and outside of school.

GU:

Be a strong participant by using phrases like these.

In my experience.

Schools should take more responsibility and require students to eat healthier food. They should also make sure all students exercise every day.

Schools should not invade students' privacy by telling them what to eat or how much to exercise. These choices should be up to the individual student and his or her family. Schools should focus on other things.

Schools should educate students and their families about healthy foods and exercise. Schools should also provide healthier options for students but not limit their choices in any way.

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:

#### **Unit 2.08**

# Who is responsible for children's health? Science Activity

This activity is designed to help you practice thinking like a scientist and to use this week's focus words.
Sometimes the data are based on real research, but they should never be considered true or factual.

Eric wrote a paper on diabetes. He is sharing it with the class.

"Diabetes is a disease in which the body has trouble absorbing sugar," he says. "The causes are **multidimensional**. Some people are born with diabetes. Studies have found links to bisphenol A, a compound found in plastic, and to DDT, a pesticide. But doctors **emphasize** that two **primary** causes of Type 2 diabetes are poor diet and lack of exercise. As the American **obesity** rate rises, so does the rate of Type 2 diabetes."

"Wait a minute," Ashanti says. "Our school wants to **restrict** physical education time. Won't that put more kids at risk for diabetes?"

"I think I have some data on that topic," says Professor Kahn. "Let's take a look!"

#### **Question**:

How does physical fitness affect the incidence of Type 2 diabetes?

#### **Hypothesis**:

People who are physically fit will have a lower incidence of Type 2 diabetes.

#### Materials:

- ▶ 300 physically fit people
- ▶ 300 people who are not physically fit

#### **Procedure:**

- 1. Ask all 600 subjects if they have Type 2 diabetes. If any subjects aren't sure, give a diabetes test.
- 2. Count the total number of physically fit and physically unfit people who have Type 2 diabetes.

#### Data:

	Incidence of Type 2 Diabetes
Physically Fit	5
Not Physically fit	24

#### **Conclusion**:

Is the hypothesis supported or not by the data?

What evidence supports your conclusion?

How would you make this a better experiment?

### **Writing Prompt**

Who is responsible for children's and teenagers' health? Is it young people and their families or should the schools also be involved?

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

Focus Words obesity   primary   emphasize restrict   multidimensional	1

A tool to help you think about your own writing!		
Remember you can use focus words from any of the WG Units.		
Check off what you accomplished:		
Good Start		
☐ Stated my own position ☐ Included 1 focus word		
Pretty Good		
☐ Stated my own position clearly ☐ Included 1-2 arguments ☐ Included 1-2 focus words		
Exemplary		
☐ Stated my own position clearly ☐ Included 1-2 arguments ☐ Included 1 counterargument ☐ Used 2-5 focus words		