

Words for Study

variety
obesity
scientists
obese
diabetes

cholesterol
Hispanics
African Americans
convenience
novelty

participate
nutrition
label
calories
carbohydrates

portions
nutritious
absolutely
specialists
metabolism

LESSON 1

Healthy Food, Healthy Family

When it comes to eating, we all love to eat. We are also very lucky. This country has enough food, and lots of variety, like fruits and vegetables, dairy products, and meats. We all know these foods are good for you. But there are also plenty of snack foods that are not so good for you. Some of the foods we like the best may not be the best foods for our bodies. Next time you go shopping, look at all the choices we have—good and not so good.

Many people choose foods that are not good for them. Health experts are worried that Americans are getting too heavy. They say Americans of all ages are much fatter now than they were in 1980. A serious weight problem is called obesity. This is now common in kids ages 5 to 15. Scientists say at least 9 million kids are obese.

Why is this a serious problem? First, scientists predict that overweight children will become



overweight adults. Second, overweight children and overweight adults can have serious health problems. Diseases like diabetes, high blood pressure, and high cholesterol are very common in the obese. Some people, such as Hispanics

and African Americans, can have special medical problems when they are overweight.

Why are Americans getting too big? What made us fat? Let's look back in time and see what happened.

A hundred years ago there were fewer choices of food. There were no fast-food chains, and no huge superstores. There were no corner convenience stores selling sodas and snacks and no drive-throughs offering "supersized meals." People went to the butcher for meat. They went to the outdoor markets for vegetables and fruits. Then they went to the bakery for breads. They had to go lots of places to buy food. Milk, butter, eggs, and cheese

were delivered by the milkman. Each night you left a note on the porch. The milkman left your order there the next morning. Most people didn't have refrigerators, so they had to shop every day. But, many people had some kind of garden to grow fresh fruit and vegetables. In places with cold winters, you could only do that in summer.

Then, things changed as more roads were built, railroads were improved, and airlines started flying across the country. Fresh foods could be delivered thousands of miles away from the farm. Oranges from sunny Florida could arrive by truck in snowy Chicago in just a few days. Fresh fish from Maryland shores could go quickly to Kansas by plane. Grocery stores grew bigger each year. Now, you could go to a big store and buy almost everything you needed in one place.

Well, you might think with all these choices people would be healthier than ever before. But then, something else happened. It was called television. When TVs became widely available in the 1950s, most people could not wait to buy one. By 1955 half the families in America owned one TV set. About the same time, a man named Gerry Thomas invented a frozen meal. He called this the "TV Dinner." All you had to do was take it out of the freezer, and put it in the oven to heat. Now, families would sit down and eat while they watched TV.

It was a novelty back then. Today, it is very common to eat while watching DVDs or TV shows, or working on the computer. Scientists say

Americans aren't getting much exercise with all this sitting and eating. They are worried it is making us overweight and unhealthy.

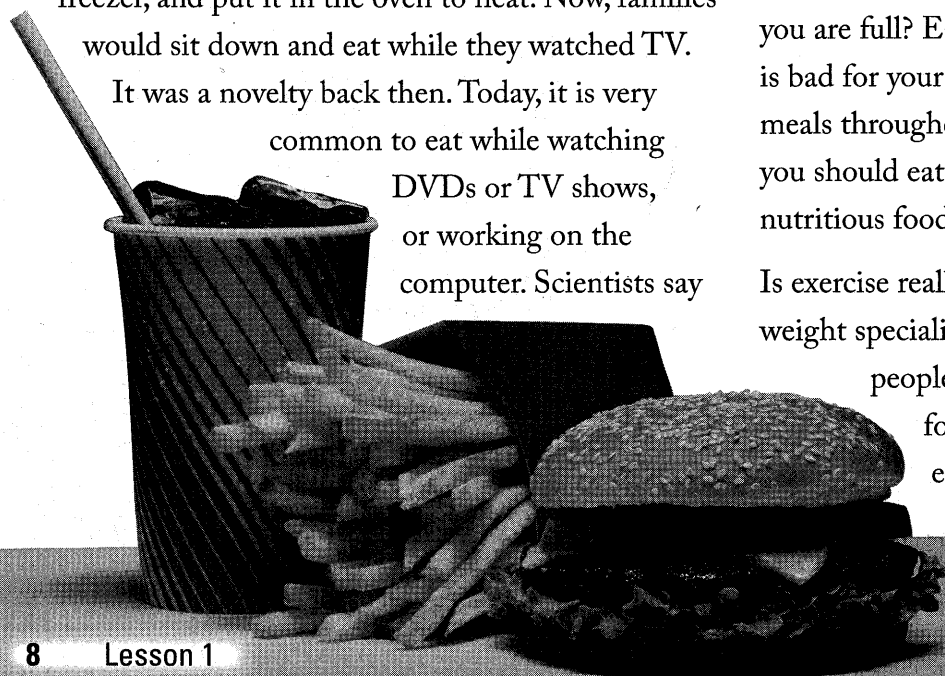
So, what can you do? Lots of things! Everyone in the family can participate in healthy activities and eat a healthy, low-fat diet.

Some Simple Rules

Here are some simple rules to get you on the road to better health. First, think about nutrition. Are you eating a variety of good foods or mostly snacks and junk foods with lots of sugar or fat? There's one good way to tell. Learn to read the food labels. Pick two kinds of cereal for example. Read the label on the side of each box and compare calories, fats, sugars, and carbohydrates.

Also, think about how much you eat. Compared to other people in the world, Americans eat giant portions. Did you know that one serving of meat should be about the size of your palm? One serving of spaghetti, rice, or pasta is only the size of a baseball. How big is the serving of spaghetti you get at your favorite Italian restaurant? One way to start eating healthier is to put smaller portions on your plate—you can even use a smaller plate! Also, eat more slowly. Did you know it takes 20 minutes for your stomach to tell your brain that you are full? Eating two or three huge meals a day is bad for your body. It is better to eat several small meals throughout the day. Most doctors agree that you should eat four to five small meals of good, nutritious foods each day.

Is exercise really that important? Absolutely, say weight specialists. Not only is exercise good for people who want to lose weight, it is good for everyone. Exercise, like walking each day for just 10–15 minutes,



makes your heart stronger. If you sit at a desk working all day, it's good to get up and stretch your muscles. It helps burn calories so you can lose weight. One pound of fat (think of a pound of butter) is worth 3,500 calories. That means if you want to lose one pound a week, you must eat 3,500 fewer calories that week. This means cutting down 500 calories each day. Or, eat less and exercise more.

You can get more exercise in a variety of ways, like washing the car or raking leaves. Walking burns calories, and the faster you walk the more calories you burn. Think about all the things you do in a day.

Where can you build in a few extra steps? Walk to the store. Take the stairs instead of using the elevator. Turn off the TV and computer and get moving!

Here are some other healthy eating tips.

- Fat-free or "lite" foods often have added sugar and salt. In fact, researchers have found that drinking diet soda can actually make you gain—not lose—weight! Look for foods that are naturally low in fat and calories, like fruit. Try water with lemon instead of diet soda.
- Pack your own lunch so you aren't tempted to eat out. Many quick restaurant lunch choices are packed with fat and calories. It's hard to make a healthy selection when you're in a hurry. It's better to plan ahead and prepare a healthy lunch at home.
- When you compare labels, look at the serving size. The number of calories listed will be for one serving. A small snack package often contains more than one serving. It's better to measure out and pack your own snacks so that you are in control of what you're eating.
- Doctors also say that skipping meals is a very bad idea. In fact, it can slow your metabolism down enough to make you gain weight. Don't go more

than a couple of hours without a healthy meal or snack. That will keep your energy up and make it less likely that you will get so hungry that you grab a candy bar or doughnut.

Just thinking about your health is not enough. Make smart, healthy choices every day to feel better. Talk to everyone in your family. Discuss what choices are hurting, or not helping, your health. Make a plan to change. Ask each person in your family for ideas. Practice reading labels and comparing servings and calories. Take turns packing lunches. Set goals to eat more fruits and vegetables and to eat smaller portions. Plan healthy family meals and fun family outings. Together, you can all make good choices for a healthier family life!



1 About the Reading. Choose the answer that best completes the statement and write it on the line.

1. Americans are lucky to have a _____ of food in their diets.
a. serving b. value c. portion d. variety
2. Millions of Americans have a serious weight problem known as _____.
a. metabolism b. disease c. obesity d. diabetes
3. The way we buy food and eat has changed a lot now that we have _____ and _____.
a. stoves and microwaves c. milkmen and fish markets
b. grocery stores and refrigerators d. gardens and bakeries
4. Doctors say you should eat 4 or 5 _____ each day.
a. TV dinners b. healthy snacks c. large meals d. small meals
5. The _____ size we get in restaurants is usually more than we should eat.
a. serving b. pasta c. calories d. nutrition
6. Good _____ is the proper balance of proteins, carbohydrates, fats, and sugar.
a. health b. nutrition c. metabolism d. cholesterol
7. Food labels list the nutrients by _____ size.
a. pound b. person c. plate d. portion
8. Your _____ can slow down and make you gain weight if you skip meals.
a. disease b. nutrition c. metabolism d. calories
9. If you want to buy healthier food, learning how to read _____ is the first step.
a. labors b. ladles c. ladders d. labels
10. Exercise does more than just help you lose weight; it also makes your _____ stronger.
a. heart b. heard c. heat d. head
11. If you are an unhealthy weight, you may be at risk for getting _____.
a. high blood pressure b. high cholesterol c. diabetes d. a, b, and c
12. The best lunch is one you _____ yourself.
a. prevent b. preview c. prepare d. prescribe

What do you think? Do you know someone who needs to lose weight and become healthier? What could you tell that person (maybe it's you!) that might help him or her to make smarter choices? Be sure to include reasons that explain your answer.

How can parents set a good example for being healthy? Name three things parents can do to help their children lead healthier lives.

2 Which Word Does Not Fit? Choose the word in each row that does *not* have the same meaning as the other words, and write it on the line. Study the example before you begin.

1. grocery store	market	bakery	food store	<u>bakery</u>
2. chain	super	great	huge	<u> </u>
3. tag	sticker	label	list	<u> </u>
4. obese	diseased	fat	overweight	<u> </u>
5. starving	drinking	hungry	empty	<u> </u>
6. type	thing	kind	sort	<u> </u>
7. specialist	nurse	expert	master	<u> </u>
8. portion	diet	slice	serving	<u> </u>
9. mild	serious	dangerous	grave	<u> </u>
10. scientist	expert	dentist	researcher	<u> </u>
11. actually	truly	really	likely	<u> </u>
12. choice	decision	question	selection	<u> </u>

3 Spelling. Change the *y* to *i*, and then add *-ness* to these words. Study the example before you begin.

1. sleepy sleepiness
2. ugly _____
3. dizzy _____
4. healthy _____
5. nasty _____

6. lovely _____
7. dusty _____
8. greasy _____
9. holy _____
10. fruity _____

4 Reading a Nutrition Label. Nutrition labels can help you shop, plan meals, and prepare healthy foods every day. A nutritious diet includes lots of fruits and vegetables, whole grains, low-fat dairy products, lean meats and poultry, fish, beans, and nuts. Read the nutrition labels below. Use them to help you answer the questions which follow.

Fruit & Nut Oat Bar

Nutrition Facts		
Serving Size 1 bar		
Servings per container 1		% Daily
Calories 135		Value
Total Fat	5.2g	8%
Saturated fat	1.0g	5%
Trans fat	0mg	
Cholesterol	0mg	0%
Sodium	71mg	3%
Total Carbohydrate	17.8g	6%
Dietary Fiber	5.3g	21%
Sugars	2.3g	
Protein	2.2g	
Calcium	36mg	
Potassium	238mg	
Vitamin D		15%

Honey-Nut Raisin Bar

Nutrition Facts		
Serving Size 1 bar		
Servings per container 1		% Daily
Calories 402		Value
Total Fat	6.8g	11%
Saturated fat	2.7g	13%
Trans fat	4mg	
Cholesterol	0mg	0%
Sodium	253mg	10%
Total Carbohydrate	77.4g	26%
Dietary Fiber	3.6g	6%
Sugars	47.9g	
Protein	7.1g	
Calcium	19.3mg	
Potassium	109.8mg	

1. How many calories will you consume if you eat 2 Fruit & Nut Oat Bars?

2. If you are watching your cholesterol and fat intake, which bar is the healthier choice? Why?

3. Trans fats can increase your risk of heart disease. Which bar is the best choice for your heart?
-
-
4. If you were on a 10k bike ride and needed protein for energy, which bar would you choose?
-
-
5. Excess sodium can increase your risk of high blood pressure. If you are worried about your blood pressure, which bar is better for you?
-
-
6. Fiber and sugars are types of carbohydrates. Whole grains supply healthy carbs that give your body fiber and long-lasting energy. Sugars are high in calories and low in nutrients. Your body gets only short bursts of energy from sugary carbs. Which bar supplies the healthiest carbohydrates?
-
-
7. If you were looking for a low-calorie, low-fat snack, which bar would you choose? Why?
-
-
8. Who should eat the bar you did not choose? Why?
-
-

5 Words That End with -ness. To complete these sentences correctly, choose the best word from the list and add -ness to it. Study the example before you begin.

aware	eager	forgetful	good	loud	serious
calm	✓fond	forgive	graceful	rude	still

1. Since her childhood, Chris had had a fondness for candy bars, but she has learned to limit herself to just one a week.
2. When the _____ of the car radio made Andrew's ears throb with pain, he asked his friend if he could turn it down.
3. "Do not let the _____ of a few diners keep you from treating everyone politely," the manager told the new waiter who was disappointed that he didn't get a tip.
4. The shopper quickly begged the woman's _____ after he almost tripped her while rushing down the bakery aisle to grab the last loaf of rye bread.
5. The _____ of the dancers in the musical inspired Nancy to sign up for a dance class during her lunch hour.
6. A restaurant's success often depends on the chef's _____ of the likes and dislikes of the local diners.
7. In his _____ to get to work early, Carl foolishly left his wallet on the kitchen counter at his mother-in-law's apartment and was unable to get on the subway.
8. As if in a trance, the family sat in complete _____ after eating a huge meal of spaghetti and meatballs and Italian bread.
9. The ad for the new yogurt-coated oat cereal raved about its _____ and even stated that it was a complete, nutritious meal.
10. Aunt Joyce's _____ was getting so bad that even when her nieces and nephews showed up at her doorstep, she had nothing to feed them and didn't even remember inviting them over for dinner.
11. When Amrita gets home from yoga class, she always has a cup of herbal tea so she can enjoy the feeling of _____.
12. When the waitress asked the small boy what he would like for dinner, with all _____ he said, "ice cream."