Obesity

Section 1: How Does Obesity Cause Heart Disease?

Student Materials
Before You Read

A. Discussion Questions

1. What is a heart attack?
2. What are some other heart problems?
3. What causes heart disease?
4. How does the heart work?
5. How much weight is too much? What is the difference between a few extra pounds and obesity?

Guiding Question: How does understanding the science of our bodies lead to better health?
B. Vocabulary Sort and Connections
Your instructor will give you a set of vocabulary words from this unit. First, set aside any words you don't know. Then, sort the words you know into groups of connected words. There are many correct ways to group the words, and you can make as many groups as you want. Finally, explain to another student why you think those words are connected.
C. Pre-reading: First Sentences
You will read an article about obesity and heart disease. The first sentence from each paragraph in the article is below. Read each sentence and make predictions. It's not important whether you're right or wrong. The important thing is to start thinking about the ideas in the text before you read it.

Answer at least one of these questions for each sentence:
   a. What questions might the paragraph answer?
   b. What details or examples might be in this paragraph?
   c. What other ideas does this sentence make you think about?

1. “We all know that being overweight is bad for our health.”

2. “Studies have found that obese people are 104% more likely than those with a healthy BMI to have heart failure.”

3. “More blood for a bigger body can mean big problems for arteries.”

4. “Obesity can make the heart grow too big, not work well, and can cause high blood pressure.”
How Does Obesity Cause Heart Disease?

1) We all know that being overweight is bad for our health. But can a few extra pounds cause heart problems? Obesity can. Obesity is more than a little extra fat. Obese people are so overweight that they are at risk for many serious health problems. Doctors measure body mass index (BMI) to find out if someone has a healthy weight, is overweight, or is obese. A person's BMI is his or her weight (in kilograms) divided by the square of their height (in centimeters). A person with a BMI up to 25 is considered healthy. Someone with a BMI between 25 and 30 is overweight. An individual with a BMI above 30 is obese.

2) Studies have found that obese people are 104% more likely than those with a healthy BMI to have heart failure. What causes this connection? The larger your body is, the more blood you need. The heart has to move more blood through your body. To do that, it works harder. In order to pump more blood, the heart gets bigger. With an enlarged heart, sometimes the chambers of the heart can't pump all of the blood out each time the heart beats. This issue can cause a heart problem called congestive heart failure.

3) More blood for a bigger body can mean big problems for arteries. The arteries are tubes that carry blood from the heart to the rest of the body. Carrying more blood puts more pressure on the walls of the arteries. This pressure is called high blood pressure. High blood pressure can also make the arteries smaller and easier to block. When the heart has to work harder to move blood, it can damage the heart. This damage can lead to heart attacks and strokes.

4) Obesity can make the heart grow too big, not work well, and can cause high blood pressure. High blood pressure can cause heart attacks and strokes. Getting to or staying at a healthy weight can be hard, but avoiding obesity can add years to someone's life.
References

https://www.cdc.gov/healthyweight/assessing/bmi/
https://stanfordhealthcare.org/medical-conditions/healthy-living/obesity.html
http://my.clevelandclinic.org/services/heart/heart-blood-vessels/coronary-arteries
http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/What-is-High-Blood-Pressure_UCM_301759_Article.jsp#.V9CGqT4rKRs
Read Closely
A. First Reading and Self-Evaluation
Read the text quickly the first time. Don’t write on it or stop for any new words. Push through to the end. Reading this way is a good strategy to get a main idea quickly.

After you read, think about how much you understand. Your instructor will give you an Evaluation Scale. At the top of your text, write your rating for Reading 1.

B. Author’s Purpose or “What does the author want me to think about?”
Skim, or read the text quickly, to answer this question:

1. What is the author’s purpose?
   a. to inform readers about how being seriously overweight can lead to heart problems
   b. to try to persuade the reader to start exercising
   c. to compare and contrasting different forms of heart disease
   d. to teach readers about BMI

2. Why did you choose your answer? What made it the best choice? ______________________________________________________________________

3. Why weren’t the others the best choices?
   __________________________________________________________________________
   __________________________________________________________________________
C. Analyze the Structure
Your instructor will give you a set of topic strips. Each strip of paper has the topic of one paragraph on it. Compare the topics to the paragraphs in the text. Put each topic in the correct place on the chart. After your instructor checks your answers, copy the topics into the chart to help you remember them.

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<td>Paragraph 4</td>
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D. Evaluate Your Understanding. Re-read the text, and then think about how much you understand. At the top of the text, rate your understanding for Reading 2 using the Evaluation Scale.
E. Order Sequences of Events
Put the following events from the text in order. Copy each event into the correct box. The box on top is the first event.

The arteries carry more blood, putting pressure on artery walls.
A person eats too much high-calorie food on a regular basis.
The heart is damaged from years of working too hard; risk of heart attack goes up.
A bigger body requires more blood.
A person gains weight, becoming obese.

1.
2.
3.
4.
5.
F. Pronoun Phrases
A pronoun phrase refers back to an idea in the text. Often the idea is in the previous sentence. Pronoun phrases may begin with this, that, these, or those, followed by a noun.

Re-read the text, find these pronoun phrases, and circle them in the text. Then draw arrows to connect the phrases to the ideas they refer to in the text.

this connection
this issue
this pressure

to do that
this damage

G. Write a Pronoun Phrase
Fill in the blanks with nouns to create pronoun phrases.

1. Doctors recommend that most women consume 1800 calories a day in order to maintain a healthy weight. This ______________ is lower than the amount doctors recommend for men.

2. Many beverages have a lot of sugar and calories. Drinking these ______________ can cause weight gain.

3. The heart grows bigger to pump more blood in an obese body. Sometimes, this ______________ causes congestive heart failure.

4. Many people are not active enough, and they consume too many calories. This ______________ leads to obesity.

5. It's easy to develop poor eating habits. These ______________ are hard to change.

6. Losing weight requires pushing through challenges. These ______________ can include avoiding sugary snacks and drinks, eating differently than family and friends, being patient with slow weight loss.
Show Your Understanding
Refer to your text to answer the questions.

1. Which would be the best main idea for paragraph 1? Why? Use evidence from the text to support your answer.
   a. A high body mass index signals obesity, and obesity can cause serious health problems.
   b. Body mass index is an important indicator of health.

2. Which would be the best main idea for paragraph 2? Why? Use evidence from the text to support your answer.
   a. Obesity causes heart problems, heart attacks, high blood pressure, and strokes.
   b. Obesity often leads to a bigger heart, and a bigger heart, can cause congestive heart failure.

3. Imagine that you're a doctor. A patient is obese. Use the information in the text to complete the sentences.
   a. At your recent checkup, I shared with you that you are currently obese. Your BMI is___________.
   b. Obesity can cause serious health problems, such as___________________________
   c. These problems happen because___________________________
   d. I am giving you some documents about starting healthy habits. I hope this information will help you

4. An obese person lost weight and has a new, healthy BMI. What information, if any, in the text tells the reader whether this obese person could correct the health problems caused by obesity?
5. Does the author try to convince the reader which heart problem (congestive heart failure or high blood pressure) is more dangerous? Explain your reasoning using evidence from the text. Note: Remember that you can also use what is not in the text in your explanation.
Rock the Test
Refer to your text to find the best answer for each question.

1. Which list of health problems that cause high blood pressure is in the correct order?
   a. arteries carry more blood, additional blood causes pressure on the artery walls,
      heart works harder to move blood, heart is damaged
   b. the body creates more blood, the heart works harder to move the extra blood, the
      heart gets bigger, the chambers of the heart can’t pump out all the blood
   c. heart is damaged, heart must work harder to move blood, this causes more
      pressure on the artery walls
   d. heart chambers can’t pump out all of the blood, the heart gets bigger, the arteries
      get smaller

2. What would be the best title for the text?
   a. Body Mass Index is the Key to Good Health
   b. High Blood Pressure: The Silent Killer
   c. Prevent Obesity to Avoid Heart Problems
   d. Eating Right is Worth It

3. What inference can you make about health risks connected to having a BMI of 27?
   a. This person has no health risks because the person is not obese.
   b. This person may be risking some health problems because this person is
      overweight.
   c. This person has serious health risks because the maximum healthy BMI is 25.
   d. This person should exercise more and eat healthier foods

4. According to paragraph 2, what happens in an obese person to make the heart bigger?
   a. The chambers of the heart don’t pump all of the blood out.
   b. The damage from heart attacks and strokes makes it bigger.
   c. The heart has to pump more blood through the body.
   d. 104% more blood needs to be circulated.
5. Which statement best explains the way the author uses facts?
   a. The author uses a combination of data and personal stories to persuade the
      reader to lose weight.
   b. The author uses expertise as a medical professional to convince the reader to
      trust this information.
   c. The author paints a picture of what life is like when a person suffers from obesity.
   d. The author uses data and scientific information to teach the reader about the
      connection between obesity and health problems.
Obesity

Section 1: How Does Obesity Cause Heart Disease?

Instructor Notes
Before You Read

B. Vocabulary Sort and Connections Directions
Copy and cut the vocabulary cards on the next page. Circulate and ask students why they grouped particular words together. Some surprising connections may come to light. If there is an error in understanding, try to keep explanations short. Avoid defining new words and instead emphasize that students will learn more through the process of reading.

Depending on the level and size of your class, pairing students or having them work in small groups might be helpful.

C. Pre-reading: First Sentences Suggested Activity
Before beginning the activity, share the title with the students and ask them to make predictions about what they’ll read.

C. Pre-reading: First Sentences Instructor Notes
The First Sentences activity can be challenging for students, especially at first. Asking students to circle key words in the first sentences may help. Encourage them to play with ideas. Students who are struggling could make a few predictions, rather than complete all of the items.
<table>
<thead>
<tr>
<th>obesity</th>
<th>heart disease</th>
<th>overweight</th>
<th>at risk</th>
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<tbody>
<tr>
<td>body mass index (BMI)</td>
<td>up to</td>
<td>between</td>
<td>above</td>
</tr>
<tr>
<td>individual</td>
<td>more likely</td>
<td>connection</td>
<td>in order to</td>
</tr>
<tr>
<td>pump</td>
<td>chamber</td>
<td>cause</td>
<td>artery/arteries</td>
</tr>
<tr>
<td>tubes</td>
<td>high blood pressure</td>
<td>stroke</td>
<td>damage</td>
</tr>
</tbody>
</table>
Read Closely

B. Author's Purpose Answer Key
1. What is the author's purpose?
   a. to inform readers about how being seriously overweight can lead to heart problems
   b. to try to persuade the reader to start exercising
   c. to compare and contrasting different forms of heart disease
   d. to teach readers about BMI

C. Analyze the Structure Directions
Copy, cut, and shuffle the strips.

<table>
<thead>
<tr>
<th>Definition of obesity and BMI</th>
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</thead>
<tbody>
<tr>
<td>Connection between obesity and congestive heart failure</td>
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<tr>
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C. Analyze the Structure Answer Key

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</table>

E. Order Sequences of Events Answer Key
1. A person eats too much high-calorie food on a regular basis.
3. A bigger body requires more blood.
4. The arteries carry more blood, putting pressure on artery walls.
5. The heart is damaged from years of working too hard; risk of heart attack goes up.

G. Write a Pronoun Phrase Answer Key
Answers may vary.

1. Doctors recommend that most women consume 1800 calories a day in order to maintain a healthy weight. This number is lower than the amount doctors recommend for men.
2. Many beverages have a lot of sugar and calories. Drinking these beverages can cause weight gain.
3. The heart grows bigger to pump more blood in an obese body. Sometimes, this growth causes congestive heart failure.
4. Many people are not active enough, and they consume too many calories. This inactivity leads to obesity.
5. It’s easy to develop poor eating habits. These habits are hard to change.
6. Losing weight requires pushing through challenges. These challenges can include avoiding sugary snacks and drinks, eating differently than family and friends, being patient with slow weight loss.

**Show Your Understanding** Answer Key

1. Which would be the best main idea for paragraph 1? Why? Use evidence from the text to support your answer.

   a. Obesity is the condition of being so overweight that it can cause serious health problems, and a high body mass index signals obesity.
   b. Body mass index is an important indicator of health.

   **Answer choice (a) is the best main idea because the paragraph begins with information about how obesity leads to heart disease and then explains how to determine if a person is obese, using BMI.**

2. Which would be the best main idea for paragraph 2? Why? Use evidence from the text to support your answer.

   a. Obesity causes heart problems, heart attacks, high blood pressure, and strokes.
   b. Obesity often leads to a bigger heart, and a bigger heart can cause congestive heart failure.

   **Answer choice (b) is the best main idea because the paragraph explains how obesity can lead to congestive heart failure.**

3. Imagine that you’re a doctor. A patient is obese. Use the information in the text to complete the sentences.

   a. At your recent checkup, I shared with you that you are currently obese. Your BMI is *(any number above 30 or “above 30.”)*
   b. Obesity can cause serious health problems, such as *(any or all of these: heart failure, bigger/enlarged heart, chambers of the heart don’t work properly, congestive heart failure, problems for arteries, high blood pressure, blocked arteries, heat damage, heart attacks, strokes)*
   c. These problems happen because *(answers should be connected to health problem(s) they chose for B)*
   d. I am giving you some documents about starting healthy habits. I hope this information will help you *(answers will vary, might include: make some healthy changes, start to eat better, exercise more, be healthier)*

4 An obese person lost weight and has a new healthy BMI. What information, if any, in the text tells the reader whether this obese person could correct the health problems caused by obesity?
There is no information in the text about the benefits of losing weight. The text only has information that it is important to keep a healthy weight.

5. Does the author try to convince the reader which heart problem (congestive heart failure or high blood pressure) is more dangerous? Explain your reasoning using evidence from the text. Note: Remember that you can also use what is not in the text in your explanation.

No. There is no comparison of the two and no indication of which is more dangerous.

**Rock the Test Answer Key**

1. Which list of health problems that cause high blood pressure is in the correct order?
   a. arteries carry more blood, additional blood causes pressure on the artery walls, heart works harder to move blood, heart is damaged
   b. the body creates more blood, the heart works harder to move the extra blood, the heart gets bigger, the chambers of the heart can't pump out all the blood
   c. heart is damaged, heart must work harder to move blood, this causes more pressure on the artery walls
   d. heart chambers can't pump out all of the blood, the heart gets bigger, the arteries get smaller

2. What would be the best title for the text?
   a. Body Mass Index is the Key to Good Health
   b. High Blood Pressure: The Silent Killer
   c. Prevent Obesity to Avoid Heart Problems
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3. What inference can you make about health risks connected to having a BMI of 27?
   a. This person has no health risks because the person is not obese.
   b. **This person may be risking some health problems because this person is overweight.**
   c. This person has serious health risks because the maximum healthy BMI is 25.
   d. This person should exercise more and eat healthier foods.

4. According to Paragraph 2, what happens in an obese person to make the heart bigger?
   a. The chambers of the heart don't pump all of the blood out.
   b. The damage from heart attacks and strokes makes it bigger.
   c. **The heart has to pump more blood through the body.**
   d. 104% more blood needs to be circulated.

5. Which statement best explains the way the author uses facts?
   a. The author uses a combination of data and personal stories to persuade the reader to lose weight.
b. The author uses expertise as a medical professional to convince the reader to trust this information.
c. The author paints a picture of what life is like when person suffers from obesity.
d. The author uses data and scientific information to teach the reader about the connection between obesity and health problems.
Obesity

Section 2: Obesity: Is it a Disease or a Choice?

Student Materials
Before You Read

A. Discussion Questions

1. Why are so many people in the U. S. overweight?
2. Can people control how much they weigh? Why or why not?
3. What makes eating a healthy diet difficult?
4. Why do people do things they know are not healthy?
5. What are some major health problems in the U. S.? Are they diseases or choices?

Guiding Question: How does understanding the science of our bodies lead to better health?
B. Vocabulary Sort and Connections
Your instructor will give you a set of vocabulary words from this unit. First, set aside any words you don’t know. Then, sort the words you know into groups of connected words. There are many correct ways to group the words, and you can make as many groups as you want. Finally, explain to another student why you think those words are connected.
C. Pre-reading: First Sentences

You will read an article about the causes of obesity. The first sentence from each paragraph in the article is below. Read each sentence and make predictions. Whether you’re right or wrong is not important. The important thing is to start thinking about the ideas in the text before you read it.

Answer at least one of these questions for each sentence:

c. What questions might the paragraph answer?
d. What details or examples might be in this paragraph?
e. What other ideas does this sentence make you think about?

1. "Obesity is the third most common cause of death in America; only high blood pressure and smoking are more deadly."

2. "Many experts say that obesity is a disease."

3. "Some medical studies show that people can inherit obesity from their parents, much like they inherit height."

4. "While these arguments are strong, many do not believe that obesity is a disease."

5. "Many say that obesity is a choice."

6. "This means that one in three people in this country are at risk for serious health problems, even death."
Obesity: Is it a Disease or a Choice?

1) Obesity is the third most common cause of death in America; only high blood pressure and smoking are more deadly. Clearly, obesity is one of the top medical concerns in the United States today. But is it a disease, or is it a choice?

2) Many experts say that obesity is a disease. The American Medical Association (AMA) says that, to be a disease, three things have to be true: it causes problems in the body so that the body can’t work properly, most people with the problem have the same symptoms, and it can damage the body or cause death. Many doctors say that obesity meets these three requirements. Therefore, it is a disease.

3) Some medical studies show that people can inherit obesity from their parents, much like they inherit height. According to an article by Dr. Jeffrey Friedman in Newsweek Magazine, some people are obese because of their genetics, not because of unhealthy habits. This idea has been supported by many national government agencies, including the Food and Drug Administration. These agencies say that obesity is a disease.

4) While these arguments are strong, many do not believe that obesity is a disease. Obesity can usually be prevented through healthy eating and exercise habits. In addition, obesity does not necessarily cause problems in the body like other diseases do. Many people who are obese can live long, healthy lives. Other diseases shorten life or cause death. Some obese people, however, live long lives and do not get other diseases often connected to obesity, such as diabetes.

5) Many people say that obesity is a choice. They claim that bad personal choices about exercise and food cause obesity. They say that people are obese because they live a sedentary lifestyle, which means that they don’t move enough. People in the U.S. eat portions that are too big, eat too much junk food, and drink high-calorie, sugary drinks. The National Institutes of Health notes that people today spend more time sitting down
than they did in the past. They sit while they use computers, tablets, smart phones, TVs, and while they drive. In addition, people exercise less than they used to. Forty years ago, Americans were more active and fewer people were obese. In the mid-1970s, only 14% of Americans were obese, but that number has more than doubled. Today, 35% of Americans are obese.

6) This means that one in three people in this country are at risk for serious health problems, even death. In 2009, a study found that obesity caused 1 in 10 deaths in America. Whether you believe that obesity is a disease or a choice, obesity is one of the most dangerous health problems affecting the United States today.

References
http://www.newsweek.com/obesity-genetic-79383
http://obesity.procon.org/
Read Closely

A. First Reading and Self-Evaluation
Read the text quickly the first time. Don’t write on it or stop for any new words. Push through to the end. Reading this way is a good strategy to get a main idea quickly.

After you read, think about how much you understand. Your instructor will give you an Evaluation Scale. At the top of your text, write your rating for Reading 1.

B. Author’s Purpose or “What does the author want me to think about?”
Skim, or read the text quickly, to answer this question:

1. What is the author’s purpose?
   a. to convince readers to exercise 20 minutes a day to prevent obesity
   b. to convince readers that obesity is a disease
   c. to convince readers that obesity is a choice
   d. to present, or sharing information about, two sides of a problem

2. Why did you choose your answer? What made it the best choice? ____________________________
   ____________________________

3. Why weren’t the other answers the best choices?
   ____________________________
   ____________________________
   ____________________________
C. Analyze the Structure
Your instructor will give you a set of topic strips. Each strip of paper has the topic of one paragraph on it. Compare the topics to the paragraphs in the text. Put each topic in the correct place on the chart. After your instructor checks your answers, copy the topics into the chart to help you remember them.

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D. Evaluate Your Understanding. Re-read the text, then think about how much you understand. At the top of the text, rate your understanding for Reading 2 using the Evaluation Scale.

E. Analyze More of the Structure
Authors carefully choose what information to include and how to organize it. Study the text to find the best answers to these questions about the structure and meaning of different parts of the text.

1. Paragraph 1 is the introduction. How does the author get the attention of the reader in this paragraph?
2. What sentence does the author use to transition from the argument that obesity is a disease to the argument that obesity is a choice?

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3. The author makes two claims in paragraph 5 that are listed below. Which of these claims is better supported with evidence and details? Circle the claim that is better supported, and copy the supporting evidence and details below.

a. Americans eat portions that are too big, eat too much junk food, and drink high-calorie, sugary drinks.

b. Americans today are more sedentary than they were forty years ago.

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4. Paragraph 6 transitions from the argument that obesity is a choice to the conclusion. The first sentence in paragraph 6 makes the transition by using the word this. What does this refer to in that sentence?

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5. In introductions and conclusions, authors state and then re-state the same ideas using different words. Paragraphs 1 and 6 are the introduction and conclusion of the text. Both paragraphs say that obesity is controversial (that many people have different ideas about it), but each paragraph uses different words. Copy the sentences from each paragraph that discuss obesity being a disease or a choice. Note how the author changes the words, saying the same ideas in two different ways.

Introduction: ________________________________

Conclusion: ________________________________

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F. Author’s Point of View

1. What parts of the title tell readers that the text will explain two different ideas about an argument?

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2. Write the numbers of the paragraphs that support the point of view that obesity is a disease. _____________________
3. What evidence, facts, and details does the author use to support the claim that obesity is a disease?

4. Write the numbers of the paragraphs that support the point of view that obesity is a choice.

5. What evidence, facts, and details does the author use to support the claim that obesity is a choice?

G. Qualifier Words
Authors often want to state something but have to let the readers know that other possibilities exist. A qualifying word shows that an idea is more or less likely to happen. Writing a strong sentence and including a qualifying word is a great way to show there are other possibilities.

Paragraph 2 says that obesity is a disease, but it doesn’t say it is always, or only a disease. The first two sentences in paragraph 2 have qualifying words. Underline the qualifying words in the sentences below that mean obesity might not always be inherited.

1. “...medical studies show that people can inherit obesity from their parents…”
2. “...some people are obese because of their genetics…”

3. Circle these qualifier words in the text:
   1. most
   2. some
   3. many
   4. less than
   5. including
   6. such as
   7. usually
   8. not necessarily
   9. more than
   10. fewer
I. Change the Meaning with Qualifiers
Circle the best qualifier word to match the underlined phrase in the sentence. Write a new sentence using the new qualifier word.

1. Forty-five percent of experts say that obesity is a disease.
   all, many, most

2. Nine out of ten obese people have the same symptoms.
   all, many, most

3. Three medical studies show that obesity is inherited, but one says it is not.
   all, some, including

4. Most of the time, obesity can be prevented through healthy lifestyle choices.
   rarely, sometimes, usually

5. Obesity might not cause health problems.
   does not necessarily cause, often causes, never causes
Show Your Understanding

1. A counterargument is a reason to disagree with an argument. Paragraph 2 explains that doctors say obesity is a disease because “most people with the problem have the same symptoms, and it can damage the body or cause death.” Later in the text there is a counterargument for this argument. What is the counterargument?

2. Paragraph 3 explains that doctors think that “some people are obese because of their genetics, not because of unhealthy habits.” Later in the text there is a counterargument for this argument. What is the counterargument?

3. Which argument is stronger in the text, that obesity is a disease or a choice? List three pieces of evidence from the text that support this argument.

The stronger argument in the text is that obesity is a __________________. This position is supported by the following evidence:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

4. Why is the other argument in the text weaker? List evidence from the text or what is missing from the weaker argument to support your position.

The weaker argument in the text is that obesity is a __________________. This position is weaker because

________________________________________________________________________

________________________________________________________________________

5. Review the evidence you listed in questions 3 and 4. Use the sentence frame below to write a sentence that agrees with some evidence from both sides of the argument.

While obesity can ________________________________, it can also ________________________________.
Rock the Test

1) Here's a shocking statistic: 35% of the population of the United States is obese, or so overweight that they are at risk for serious health problems. Here's another surprising statistic: The weight-loss industry in the U.S. makes twenty billion dollars each year. That money includes weight loss pills, drugs, books, and surgeries. But the best way to get or keep a healthy weight is to follow a few simple rules.

2) The Mayo Clinic lists five steps to preventing obesity on their website. First, make exercise a habit. Second, eat a healthy variety of nutritious foods. Third, protect yourself from "food traps" that can make you gain weight. Fourth, check your weight on a regular basis. Fifth, follow your plan every day, even on weekends and vacations, as much as possible.

3) Of these five, the most surprising rule is to avoid “food traps.” What is a food trap? A food trap is a situation that makes someone eat in a way that is out of control. One example is emotional eating, or eating more when you have strong feelings, such as sadness. Another example is eating too many high-calorie foods during holidays. Finally, eating snacks from a bag or box while watching TV, without knowing how much you have eaten, is a classic food trap.

4) The rules are easy to understand but can be very difficult to follow. The best way to get started is to choose one rule to work on first, and add a new one every week or two. Take one step at a time, and don't worry about being perfect. Your body will thank you.

References
http://www.mayoclinic.org/diseases-conditions/obesity/basics/prevention/con-20014834
http://abcnews.go.com/Health/100-million-dieters-20-billion-weight-loss-industry/story?id=16297197
Refer to the text to find the best answer for each question.

1. Why does the author include information about the weight loss industry in the introduction?
   a. to convince the reader to buy diet books
   b. to contrast expensive pills, drugs, books, and surgeries with how simple it is to have a healthy weight
   c. to persuade the reader that the weight loss industry is taking advantage of overweight Americans
   d. to get the reader's attention

2. What is the main idea in paragraph 3?
   a. The most surprising rule for losing weight is to avoid food traps.
   b. What is a food trap?
   c. Food traps are a serious problem.
   d. How to avoid food traps

3. Which definition of simple best fits the way the author uses this word in the text?
   a. easy to do
   b. easy to understand
   c. easy to do and understand
   d. typical or usual

4. Which title best fits this text?
   a. Food Traps!
   b. Obesity: A Serious Health Risk
   c. Simple Rules to Prevent Obesity
   d. Don't Worry about Being Perfect

5. What is the author's purpose in this text?
   a. to compare and contrast weight loss methods
   b. to inform readers about food traps
   c. to list the steps for preventing obesity
   d. to persuade the reader to use simple steps to prevent obesity
Academic Discussion

A. Prepare
You will work in groups to discuss the following question: Is obesity a disease or a choice?

Before you discuss, review your texts and notes, including the articles "Obesity: Is it a Disease or Choice?" and "How Does Obesity Cause Heart Disease?" Copy any useful information in the "Notes" section below. When taking notes, writing short phrases is best. Don't write full sentences.

Notes:

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B. Discuss
The key phrases in the box will help you in an academic or professional conversation. Use them to share your ideas and evidence and to learn more about what other people think. You don’t need to change anyone’s mind. The important thing is to contribute to the discussion and listen respectfully.

Key phrases to use when you want to:
1. Agree: “________ has a good point about _______ because...”
2. Build on or continue: “To add on to what ________ said, I think that...”
3. Disagree: “I see it differently because...”
4. Make a Counterargument*: “______ has a good point about ________, but...”
5. Get Clarification: “Could you tell me more about...?” or “Could you give an example?”

*Acknowledging that the other side has a good point and then adding your information shows that you understand both sides of the situation and makes your argument stronger.
C. Self-Evaluation
Think about how you contributed to the discussion. Circle the best number to represent your participation and add notes to give an example or explain why you chose that rating.

1 = very little or not at all
2 = yes
3 = maybe too much

1. In the discussion, I shared evidence from one or more texts.
   1   2   3
   Explanation:

   ____________________________

2. I built on someone else's idea during the discussion.
   1   2   3
   Explanation:

   ____________________________

3. I asked questions to better understand what someone else was saying.
   1   2   3
   Explanation:

   ____________________________

4. I let people know, respectfully, when I disagreed with what they were saying.
   1   2   3
   Explanation:

   ____________________________

5. I used the key academic discussion phrases (or something similar) during the discussion.
   1   2   3
   Explanation:

   ____________________________
6. The next time I participate in an academic discussion, I want to

B. Group Evaluation
1. Was the discussion on topic? ____________________________

2. Did the group members listen to each other? ____________________________

3. If yes, what did they do to show they were listening? If no, what should they do differently next time?

4. Did only a few people do most of the talking, or was the discussion balanced?

5. Was the discussion respectful? ____________________________

6. If the discussion was respectful, what made it respectful? If it wasn't, what could be changed to make future discussions respectful?

7. The next time the group participates in an academic discussion, we could
Writing Assignment

A. Before You Write

The questions below ask you to analyze the argument that obesity is a disease in the article "Obesity: Is it a Disease or a Choice?"

First, highlight evidence supporting the idea that obesity is a disease. Focus on paragraphs 2 and 3. Then, answer the following questions.

1. How many statistics does the author include to support the argument? __________

2. How many facts does the author include to support the argument? __________

3. How many examples does the author include to support the argument? __________

4. How many opinions does the author include to support the argument? __________

5. Do the statistics, facts, examples, and opinions have a strong connection to the argument that obesity is a disease? __________

6. On the GED® test, statistics and accurate facts are stronger evidence than examples. Writers may try to use opinions to support a claim, but opinions are not strong evidence by themselves. Opinions need to be supported with facts and statistics. In addition, all evidence must have a strong connection to the argument.

Does the text have enough strong evidence to support the argument that obesity is a disease? Why or why not?

The questions below ask you to analyze the argument that obesity is a choice in the article "Obesity: Is it a Disease or a Choice?"

First, highlight evidence supporting the idea that obesity is a choice. Focus on paragraphs 4 and 5. Then, answer the following questions.

7. How many statistics does the author include to support the argument? __________

8. How many facts does the author include to support the argument? __________

9. How many examples does the author include to support the argument?
10. How many opinions does the author include to support the argument?

11. Do the statistics, facts, examples, and opinions have a strong connection to the argument that obesity is a choice?

12. Does the text have enough strong evidence to support the argument that obesity is a choice? Why or why not?

13. Which argument about obesity is better supported by the evidence in the text? Why? (This might not be the argument with which you agree.)

14. How could details from the article “Does Obesity Cause Heart Disease?” be used to strengthen one of the arguments? Use specific examples/evidence from the text.

B. Writing Options

Option A: paragraph
Write an academic paragraph, choosing to explain either why obesity is a disease or why obesity is a choice. A paragraph is a group of sentences that support a main idea. First, make an argument in your topic sentence and then support it with three or more pieces of strong evidence. Use at least one qualifier word in your paragraph.

Option B: essay
Write an essay explaining either why obesity is a disease or why it is a choice. Include all the parts listed below. Use at least two qualifier words in your essay.

Introductory paragraph: Explain that obesity is a disease/is a choice

Body paragraph 1: Explain one major reason why obesity is disease/is a choice, and support it with evidence and details.

Body paragraph 2: Explain another major reason why obesity is disease/is a choice, and support it with evidence and details.
Body paragraph 3 (choose either A or B):

A. If you are arguing that obesity is a disease, state a reason why some people think obesity is a choice, and then state why you still claim it is a disease

B. If you are arguing that obesity is a choice, state a reason why some people think obesity is a disease, and then state why you still claim it is a choice

Conclusion: Re-state that obesity is a disease/choice and why.
Obesity

Section 2: Obesity: Is it a Disease or a Choice?

Instructor Notes
Before You Read

B. Vocabulary Sort and Connections Directions
Copy and cut the vocabulary cards on the next page. Circulate and ask students why they grouped particular words together. Some surprising connections may come to light. If there is an error in understanding, try to keep explanations short. Avoid defining new words and instead emphasize that students will learn more through the process of reading.

Depending on the level and size of your class, pairing students or having them work in small groups might be helpful.

C. Pre-reading: First Sentences Suggested Activity
Before beginning the activity, share the title with the students and ask them to make predictions about what they'll read.

C. Pre-reading: First Sentences Instructor Notes
The First Sentences activity can be challenging for students, especially at first. Asking students to circle key words in the first sentences may help. Encourage them to play with ideas. Students who are struggling could make a few predictions, rather than complete all of the items.
<table>
<thead>
<tr>
<th>obese/obesity</th>
<th>death/deadly</th>
<th>disease</th>
<th>genetics</th>
</tr>
</thead>
<tbody>
<tr>
<td>therefore</td>
<td>requirements</td>
<td>inherit</td>
<td>medical studies</td>
</tr>
<tr>
<td>unhealthy</td>
<td>supported</td>
<td>prevent</td>
<td>lifestyle</td>
</tr>
<tr>
<td>portions</td>
<td>high-calorie</td>
<td>in addition</td>
<td>doubled</td>
</tr>
<tr>
<td>risk</td>
<td>properly</td>
<td>American Medical Association (AMA)</td>
<td>Food and Drug Administration (FDA)</td>
</tr>
</tbody>
</table>
**Read Closely**

**B. Author’s Purpose Answer Key**
1. What is the author’s purpose?
   a. to convince readers to exercise 20 minutes a day to prevent obesity
   b. to convince readers that obesity is a disease
   c. to convince readers that obesity is a choice
   d. to present, or sharing information about, two sides of a problem

**C. Analyze the Structure Directions**
Copy, cut, and shuffle the strips.

<table>
<thead>
<tr>
<th>Introduction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity is a disease because it meets the definition of a disease.</td>
</tr>
<tr>
<td>Obesity is a disease because it can be inherited.</td>
</tr>
<tr>
<td>Obesity is a choice because it does not always cause health problems.</td>
</tr>
<tr>
<td>Obesity is a choice because it is caused by bad habits.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Conclusion</th>
</tr>
</thead>
</table>

C. Analyze the Structure Answer Key

<table>
<thead>
<tr>
<th>Paragraph Number</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paragraph 1</td>
<td>Introduction</td>
</tr>
<tr>
<td>Paragraph 2</td>
<td>Obesity is a disease because it meets the definition of a disease.</td>
</tr>
<tr>
<td>Paragraph 3</td>
<td>Obesity is a disease because it can be inherited.</td>
</tr>
<tr>
<td>Paragraph 4</td>
<td>Obesity is a choice because it does not always cause health problems.</td>
</tr>
<tr>
<td>Paragraph 5</td>
<td>Obesity is a choice because it is caused by bad habits.</td>
</tr>
<tr>
<td>Paragraph 6</td>
<td>Conclusion</td>
</tr>
</tbody>
</table>

E. Analyze More of the Structure Answer Key

1. Paragraph 1 is the introduction. How does the author get the attention of the reader in this paragraph?
The author uses a statistic about obesity, stating that obesity is the third most common cause of death in America.

2. What sentence does the author use to transition from the argument that obesity is a disease to the arguments that obesity is a choice?
The author says, "While these arguments are strong, many do not believe that obesity is a disease."

3. The author makes two claims in paragraph 5 that are listed below. Which of these claims is better supported with evidence and details? Circle the claim that is better supported, and copy the supporting evidence and details below.

a. Americans eat portions that are too big, eat too much junk food, and drink high-calorie, sugary drinks.
b. Americans today are more sedentary than they were forty years ago.

The supporting evidence for this claim is that the National Institutes of Health notes that people today spend more time sitting down using computers, tablets, etc. They exercise less than they used to.

4. Paragraph 6 transitions from the argument that obesity is a choice to the conclusion. The first sentence in paragraph 6 makes the transition by using the word *this*. What does *this* refer to in that sentence?

*This refers to the fact that 35% of American are obese.*

5. In introductions and conclusions, authors state and then re-state the same ideas using different words. Paragraphs 1 and 6 are the introduction and conclusion of the text. Both paragraphs say that obesity is controversial (that many people have different ideas about it), but each paragraph uses different words. Copy the sentences from each paragraph that discuss obesity being a disease or a choice. Note how the author changes the words, saying the same ideas in two different ways.

Introduction: *Clearly obesity is one of the top medical concerns in the United States today. But, is it a disease, or is it a choice?*

Conclusion: *Whether you believe that obesity is a disease or a choice, obesity is one of the most dangerous health problems affecting the United States today.*

**F. Author’s Point of View Answer Key**

1. What parts of the title tell readers that the text will explain two different ideas about an argument?

*The word or and the question mark tell readers that the text will explain two different ideas.*

2. Write the numbers of the paragraphs that support the point of view that obesity is a disease.

*2, 3*

3. What evidence, facts, and details does the author use to support the claim that obesity is a disease?

*The author gives the AMA definition of a disease and that many doctors say obesity meets the definition. Then the author says that people can inherit obesity and gives an example of a doctor who wrote about it in an article. Finally, the author says government agencies say that obesity is a disease.*
4. Write the numbers of the paragraphs that support the point of view that obesity is a choice.

4, 5

5. What evidence, facts, and details does the author use to support the claim that obesity is a choice?
The author says that people don't believe obesity is a disease. It can be prevented. It doesn't always cause problems in the body. People who are obese can live long, healthy lives. Then the author says some people believe it is a choice, and they say it is caused by unhealthy habits, such as not exercising and eating junk food. The author gives a statistic about American not exercising. The author concludes with a statistic that more people are obese now than during the 1970s.

H. Strategic Use of Qualifying Words Answer Key
Student Instructions: Underline the qualifying words that mean obesity might not always be inherited.

1. “...medical studies show that people can inherit obesity from their parents...”

2. "...some people are obese because of their genetics...”

I. Change the Meaning with Qualifiers Answer Key

1. Forty-five percent of experts say that obesity is a disease.
   all       many       most
   Many experts say that obesity is a disease.

2. Nine out of ten obese people have the same symptoms.
   all       many       most
   Most obese people have the same symptoms.

3. Three medical studies show that obesity is inherited, but one says it is not.
   all       some       including
   Some medical studies show that obesity is inherited, but one says it is not.

4. Most of the time, obesity can be prevented through healthy lifestyle choices.
rarely  sometimes  usually

Usually, obesity can be prevented through healthy lifestyle choices.

5. Obesity **might not cause** health problems.
   
   **does not necessarily cause** often causes **never causes**
   
   Obesity does not necessarily cause health problems.

**Show Your Understanding** Answer Key

1. A counterargument is a reason to disagree with an argument. Paragraph 2 explains that doctors say obesity is a disease because "most people with the problem have the same symptoms, and it can damage the body or cause death." Later in the text there is a counterargument for this argument. What is the counterargument? **The counterargument is that "obesity does not necessarily cause problems in the body like other diseases do. Many people who are obese can live long, healthy lives."**

2. Paragraph 3 explains that doctors think that "some people are obese because of their genetics, not because of unhealthy habits." Later in the text there is a counterargument for this argument. What is the counterargument? **The counterargument is that "bad personal choices about exercise and food cause obesity."**

3. Which argument is stronger in the text, that obesity is a disease or a choice? List three pieces of evidence from the text that support this argument. **Answers will vary. Here are two examples.**

   The stronger argument in the text is that obesity is a disease. This position is supported by the following evidence:
   
   **Obesity is a disease because many doctors say it meets the definition of a disease. Medical studies show that people can inherit obesity. Many government agencies, like the Food and Drug Administration support the idea that obesity can be inherited. Doctors and government agencies are experts in health.**

   The stronger argument in the text is that obesity is a choice. This position is supported by the following evidence:
   
   **Obesity is a choice because it doesn’t always meet the definition of a disease. A disease causes problems so the body can’t work properly. People can be obese and still have long, healthy lives. People can prevent obesity by making healthy choices. More people are obese than in the past. People spend more time sitting than they did in the past. They exercise less.**
4. Why is the other argument in the text weaker? List evidence from the text or what is missing from the weaker argument to support your position. Answers will vary. Here are two examples.

The weaker argument in the text is that obesity is a choice. This position is weaker because
The evidence in the text is based on people's opinions. The evidence in the text that obesity is a disease comes from doctors and government organizations.

The weaker argument in the text is that obesity is a disease. This position is weaker because
Obesity doesn't always meet the definition of a disease. Only some people inherit obesity. The statistics support the claim that making unhealthy choices, like being sedentary, leads to more obesity.

5. Review the evidence you listed in questions 3 and 4. Use the sentence frame below to write a sentence that agrees with some evidence from both sides of the argument. Answers will vary. Here are two examples.

While obesity can be addressed with healthy choices, it can also be a disease.

While obesity can be inherited, it can also be caused by unhealthy choices.

**Rock the Test Answer Key**

1. Why does the author include information about the weight loss industry in the introduction?

   a. to convince the reader to buy diet books
   b. to contrast expensive pills, drugs, books, and surgeries with how simple it is to have a healthy weight
   c. to persuade the reader that the weight loss industry is taking advantage of overweight Americans
   d. to get the reader's attention

2. What is the main idea in paragraph 3?

   a. The most surprising rule for losing weight is to avoid food traps.
   b. What is a food trap?
   c. Food traps are a serious problem.
   d. How to avoid food traps

3. Which definition of *simple* best fits the way the author uses this word in the text?
a. easy to do
b. easy to understand
c. easy to do and understand
d. typical or usual

4. Which title best fits this text?
   a. Food Traps!
   b. Obesity: A Serious Health Risk
   c. Simple Rules to Prevent Obesity
   d. Don’t Worry about Being Perfect

5. What is the author’s purpose in this text?
   a. to compare and contrast weight loss methods
   b. to inform readers about food traps
   c. to list the steps for preventing obesity
   d. to persuade the reader to use simple steps to prevent obesity