

# NEWS BREAK

**Sunday's News Break selects an article from Sunday, October 4, 2015** of The Seattle Times e-Edition for an in-depth reading of the news. Read the selected story and answer the attached study questions.

**The broccoli is mightier than the muffin** (NW Arts & Life, page H8)

## Pre-Reading and Vocabulary

1. Before you read this article, as a class discuss what you think this story will be about. Write down any keywords from the title, which you used to make your predictions.

## 2. Vocabulary: Match the words to the numbered definitions below.

- A. calorie
- B. carbs (carbohydrates)
- C. dense
- D. fiber
- E. legumes
- F. minerals
- G. nutrient
- H. portion
- I. protein
- J. vitamins
- K. volume

- 1. the amount of food that is served to a person at one time
- 2. a chemical substance (such as iron or zinc) that occurs naturally in certain foods and that is important for good health.
- 3. any one of various substances found in certain foods (such as bread, rice, and potatoes) that provide your body with heat and energy and are made of carbon, hydrogen, and oxygen
- 4. any of a group of organic substances essential in small quantities to normal metabolism, found in minute amounts in natural foodstuffs or sometimes produced synthetically
- 5. a substance that plants, animals, and people need to live and grow
- 6. having the component parts closely compacted together; crowded or compact:
- 7. the amount of space that is filled by something
- 8. a substance found in foods (such as meat, milk, eggs, and beans) that is an important part of the human diet
- 9. plant material that cannot be digested but that helps you to digest other food
- 10. a unit of heat used to indicate the amount of energy that foods will produce in the human body
- 11. a type of plant (such as a pea or a bean plant) with seeds that grow in long cases (called pods)

## Comprehension

1. Research has found that calorie-dense foods tend to also be nutrient-poor – **true or false?**
2. Fiber, vitamins and minerals are all \_\_\_\_\_ we need for good health. **(Fill in the blank)**
3. Non-starchy \_\_\_\_\_ have the highest nutrient-density. **(Multiple Choice)**
  - a) **Fruit**
  - b) **Legumes**
  - c) **Vegetables**
  - d) **None of the Above**
4. Some fats have health benefits. Name one type of food with fat mentioned in the article that has health benefits.
5. Rather than subtracting fat from your meals to reduce the calorie density, it is better to add more what?
6. Fiber gives us only two calories per gram because we don't fully \_\_\_\_\_ it. **(Fill in the blank)**
7. How many calories does water have?
8. Vegetables and fruits are tops for nutrient-density because they are full of \_\_\_\_\_ and water. **(Fill in the blank)**
9. Protein has more calories per gram than fat – **true or false?**
10. According to research by Barbara Rolls, Ph.D., people decide how much food to eat based on what?

### **Additional Activities**

1. What are empty calories? Foods with empty calories have lots of calories but few nutrients. Have students brainstorm a list of foods that have empty calories. For each food on their list have students come up with an alternative food that is high in nutrients or vitamins and low in calories.
2. Do you or your family look at nutrition labels on the food you buy when shopping? How about when eating out at a restaurant? On your next shopping trip to the grocery store or trip out to eat record the nutrition information from at least two items of food that you are going to consume. How many calories does the food have? What vitamins are in the food? Is it high in protein? Is it low or high in fat and is it good fat or bad fat? Discuss as a family your food choices and whether you think they are good or bad ones and why?

News Break is posted to the Web on Wednesday and Friday. Please share this NIE News Break program with other teachers. To sign-up for the electronic edition for your class, please register on-line or call 206/652-6290 or toll-free 1-888/775-2655.

### Answer Key to Vocabulary

- A. 10
- B. 3
- C. 6
- D. 9
- E. 11
- F. 2
- G. 5
- H. 1
- I. 8
- J. 4
- K. 7

### Answer Key to Comprehension Questions

- 1. True
- 2. nutrients
- 3. c) vegetables
- 4. nuts, seeds, avocados, olives, olive oil (**Answers may vary – only one answer necessary**)
- 5. It is better to add more vegetables and fruits.
- 6. digest
- 7. Water has zero calories.
- 8. fiber
- 9. False – fat has more calories per gram.
- 10. Portion size.