

## Science Time

### Program Content for January 13, 2016

Read the article “**New diet proposal: less red meat for men, teenage boys**” on page A4 of the Friday, January 8, 2016 edition of The Seattle Times.

**Pre-reading and Vocabulary:** Define each term and then use it in a sentence to demonstrate your understanding.

1. sustainable
2. cholesterol
3. calorie
4. obesity
5. cardiovascular

### **Comprehension Questions**

1. What did new federal dietary guidelines urge Americans to reduce in their diets?
2. What advice was dropped from the final guidelines that were present in the draft recommendations?
3. What longstanding limits were removed from the guidelines and what industry benefitted from this?
4. What have the typical guidelines encouraged Americans to consume since they were first issued in 1980?
5. How do the guidelines created end up influencing the eating habits of millions of Americans?
6. How much added sugar per day should Americans consume?
7. Sugary drinks account for what percentage of the added sugar consumed by Americans each day?
8. Why is lowering the amount of sugar you consume good advice?
9. Besides sugar what other food additive do Americans need to lower their intake of?
10. What industry was upset with the recommendation that teenage boys and men should reduce their consumption of protein foods?
11. How was the suggestion to consume more plant-based foods and less meat to help promote environmentally sustainable eating habits removed from the guidelines?
12. Why do the guidelines recommend that people, “eat as little dietary cholesterol as possible”?

### **Prompts and Extensions**

1. For a more in-depth look at the recently released dietary guidelines check the Agricultural and Health and Human Services department’s [website](#). At this site you can also find guidelines for physical activity and general health.
2. Watch this [news story](#) as well as [this one](#) about the new dietary guidelines.
3. Visit [ChooseMyPlate.gov](#), the government website that provides a variety of resources, including those that are geared towards students. On the site you can customize diet and physical activity goals that fit your lifestyle and needs.

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