

# NEWS BREAK

Sunday's News Break selects an article from Sunday, March 27, 2016 of The Seattle Times e-Edition for an in-depth reading of the news. Read the selected story and answer the attached study questions.

**What you're eating counts more than calories do (NW Arts&Life, page H8)**

## Pre-Reading and Vocabulary

1. What is a calorie? Why do people count calories? How could what you're eating count more than the calories of what you are eating?
2. **Vocabulary: Match the words to the numbered definitions in the chart below.**

A. <b>absorb</b>	1. plant material that cannot be digested but that helps you to digest other food
B. <b>accurate</b>	2. a unit of heat used to indicate the amount of energy that foods will produce in the human body
C. <b>calorie</b>	3. an extremely small living thing that can only be seen with a microscope
D. <b>circadian</b>	4. to get (a substance) <i>from</i> something by the use of a machine or chemicals
E. <b>digest</b>	5. to draw in (heat, light, energy, etc.)
F. <b>extract</b>	6. to separate (something, such as a chemical) from another substance
G. <b>factors</b>	7. to change (food that you have eaten) by a biological process into simpler forms that can be used by the body)
H. <b>fiber</b>	8. free from mistakes or errors; able to produce results that are correct
I. <b>isolate</b>	9. to change (food) into a form that can be used by your body
J. <b>metabolize</b>	10. a substance that plants, animals, and people need to live and grow
K. <b>microbe</b>	11. relating to the regular changes in a person or thing that happen in 24-hour periods
L. <b>nutrient</b>	12. to satisfy (a need, desire, etc.) fully
M. <b>satiating</b>	13. something that helps produce or influence a result : one of the things that cause something to happen

## Comprehension

1. For more than 100 years, what has been based on the “Atwater factors,” a system developed in the 1890’s by Wilbur Atwater?
2. The system developed by Wilbur Atwater was based on his experiments investigating how many \_\_\_\_\_ we actually \_\_\_\_\_ and absorb from food. **(Fill in the blanks with vocabulary)**
3. According to recent studies the Atwater factors may not be as accurate as was once thought. Many nuts were shown to have fewer absorbable calories than thought. What is the reason given for this?
4. According to the article, why are calories listed in restaurant menus “good guesses” at best?
5. If cooking lets you pull more calories from starches and protein, which would you absorb more calories from – a well-done steak or a rare steak?
6. What is keeping a food record an effective way to build awareness of?
7. Calorie needs can differ by hundreds of calories even between two people. What three factors are used to estimate calorie requirements?
8. Eating out of sync with your circadian rhythms can also affect how you metabolize food – **true or false?**

## Additional Activities

1. Have students discuss as a class or in small groups, which they think is a more effective way to build awareness of overall eating patterns – counting calories or keeping a food record – and why.
2. Have students keep a food journal for a week in order to build food and appetite awareness. Students should record when and what they ate and how they felt. Did they feel hungry, thirsty, full, bored? Were they aware of their eating experience or distracted while eating? What type of food choices did they make? Were they eating a prepared meal at home, fast food or processed food? Have students review their journal at the end of the week and reflect on their food experience and what if any changes they would make to their eating pattern.

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. 5
- B. 8
- C. 2
- D. 11
- E. 7
- F. 4
- G. 13
- H. 1
- I. 6
- J. 9
- K. 3
- L. 10
- M. 12

### **Answer Key to Comprehension Questions**

1. Calorie counts
2. calories, metabolize
3. Nuts are from plants and plant foods have cell walls that the body must break down in order to digest (and absorb the fat and other nutrients inside).
4. Because you might be served more or less than the portion size on the menu.
5. A well-done steak.
6. It is an effective way to build awareness of your overall eating pattern.
7. Age, gender and weight.
8. True