

NEWS BREAK

Article: **Do you need to shun sugar to lower cholesterol?**

Section: **THE MIX, E12**

Sunday's News Break selects an article from **Sunday, March 26, 2023** of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some teachers might use this as a take-home assignment and others might read and answer the questions in a small group or larger, class discussion.

****Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for your students.***

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will discuss whether their family talks about healthy eating and exercise together. They'll think about the foods and drinks they consume and about how often they're drinking soda or other sugary drinks. They will talk about why getting daily physical activity is necessary and why it's important to choose activities they enjoy. They will reflect on their favorite exercises and how it helps them both mentally and physically.

Pre-Reading Discussion:



- What do you think the article will be about, using only this picture?
- Are there any clues? What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using *context clues*? A **context clue** is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

“In other words, cultivate a **mindset** of inclusion, not exclusion.”

Mindset Guess:

Mindset Definition:

Comprehension Questions:

1. Added sugar has been deemed a dietary villain for a while, in part because of its link to what?
2. American adults consume an average of 77 grams of added sugar per day, with _____ being the biggest source.
3. First, there are two types of cholesterol: “good” high-density lipoprotein and “bad” low-density lipoprotein. Elevated levels of LDL cholesterol in your blood can lead to what?
4. _____ helps prevent a buildup of LDL cholesterol, which is why it’s often referred to as “good” cholesterol.
5. According to a 2016 research review, as sugar intake increases, LDL cholesterol levels go _____, whereas HDL cholesterol levels go _____.

6. The authors said this is primarily true of refined fructose or sucrose (table sugar) added to foods, not of the glucose we get from digesting what?
7. A high-quality 2022 research review found that the evidence supporting restricting added sugar to improve cholesterol levels is low-quality and demonstrated what?
8. Existing research has not demonstrated that cutting sugar improves _____ long term, or that it leads to actual reduction of heart disease, heart attacks and strokes, which is what we really care about.
9. So, it appears that people who are concerned about their cholesterol levels may benefit from reducing added sugars if their current intake is _____, but someone who already eats a nutritious balanced diet may not benefit from eliminating added sugars.
10. Beverages — especially these examples— are the biggest source of added sugars, followed by snacks and sweets?
11. One 12-ounce can of “regular” soda contains _____ teaspoons of sugar.
12. Allowing sugar in _____ allows for joys like ice cream on a hot summer day, a slice of birthday cake, or waffles with maple syrup.
13. Eat foods naturally high in fiber. What are some examples?
14. Eat heart-healthy fats. Top picks include what?
15. Choose _____ - _____ foods most of the time.

Discussion Questions (small/large groups), Journal Prompts or Essay Questions:

- ***What surprised (or stood out to) you in the article?***
- ***At first, I thought _____, but now I think _____?***
- ***What things did you already know from prior experience?***
- ***Do you and your family discuss healthy eating and exercise together?***
- ***How often are you drinking soda or other sugary drinks?***

Why is getting daily physical activity important? Why is it best to choose activities you enjoy for both movement and stress relief?

How do you feel after working out? Walking outside? Doing something physical that you enjoy? How does it help your mental and physical wellness?

News Break is posted to the Web on Tuesday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please [register online](#) or call 206/652-6290 or toll-free 1-888/775-2655.

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