

## NEWS BREAK

Article: **It's never too early to eat for healthy**

Section: **THE MIX, E18**

Sunday's News Break selects an article from **Sunday, September 10, 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 learn about osteoporosis and how creating healthy habits in adolescence will help create stronger bones. They'll discuss the importance of bone health, at every age and will focus on what habits they're developing now, that supports a healthy body and bone health.***

### Pre-Reading Discussion:



- What do you think the article will be about, using 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.

While having a family history of osteoporosis greatly increases the odds that you and your children will eventually develop it — thanks, **genetics** — diet and physical activity are two factors we can modify to support healthy bones at any age.

### **Genetics Guess:**

### **Genetics Definition:**

### Comprehension Questions:

1. Bone health tends to become more top of mind as we get older, especially because we're more likely to develop \_\_\_\_\_ with age.
2. But in truth, osteoporosis prevention should be something prioritized from \_\_\_\_\_.
3. It's estimated that \_\_\_\_ million Americans have osteoporosis, and 44 million others have low bone density, according to the Bone Health & Osteoporosis Foundation. While 1 in 2 women and up to 1 in 4 men will

- break a bone due to osteoporosis after age 50, the stage is set long before that.
4. I've heard osteoporosis called a " \_\_\_\_\_," because of how important it is to develop habits that support building peak bone mass in childhood and adolescence, since our best bone-building years end in our \_\_\_\_\_ - \_\_\_\_\_.
  5. While having a family history of osteoporosis greatly increases the odds that you and your children will eventually develop it — thanks, genetics — \_\_\_\_\_ and \_\_\_\_\_ are two factors we can modify to support healthy bones at any age.
  6. Eating enough matters. When calorie intake is too low, this can directly contribute to bone loss, in part because intake of key \_\_\_\_\_ drops, too.
  7. It can also cause bone loss indirectly via loss of \_\_\_\_\_ (in females) or \_\_\_\_\_ (in males).
  8. Once you're eating enough food, the focus shifts to \_\_\_\_\_, which provides important building blocks for bone.
  9. A diet rich in \_\_\_\_\_ and \_\_\_\_\_ provides antioxidants, potassium, magnesium, vitamin K and vitamin C, each of which plays a role in bone health.
  10. Another benefit of plant-forward diets is that they are \_\_\_\_\_ - \_\_\_\_\_, and that benefit extends to bones.
  11. \_\_\_\_\_ — cells that degrade bone — are turned on by inflammation.
  12. What are some sources of calcium and nondairy/plant-based options, mentioned in the article?
  13. Because our vitamin \_\_\_\_\_ levels can change throughout the year, especially in northern states like Washington, many people may need to add supplements during the winter months.
  14. When exercising for bone health, incorporate activities that build \_\_\_\_\_ and \_\_\_\_\_. Weight-bearing activities such as walking, running and resistance/strength training stimulate bones and help you maintain muscle, which makes it more likely that you can stop a fall and prevent a fracture if you lose your balance.

**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?*
- *Why is bone health so important, at every age?*
- *Do you talk about health, nutrition and bone health with your family?*

***What habits are you developing now, in adolescence, that support bone health?***

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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