

## Activity: *Debating the Issue*

Whatever the debate format, ask students to use academically productive talk in arguing their positions. In particular, students should provide reasons and evidence to back up their assertions. It may be helpful to read the sample positions in the Teacher Notes section of this guide to illustrate some possibilities, but students should be encouraged to take their own positions on the issue at hand.

Position 1: Parents have the most control over children's health. They are the ones who decide what food to buy and what their children should do outside of school.

Position 2: Schools have the most power to prevent many health problems. They should serve healthier food and make sure all students get exercise every day.

Position 3: Schools should not invade students' privacy by telling them what to eat or how much to exercise. These choices should be up to the individual student.

Position 4: Parents can't do the job alone. Parents need the school to support them through good food choices and information about students' health.

## Activity: *Science Sentences*

Ask students to complete the sentences below using one of the weekly focus words (or a related word).

obesity primary emphasize restricting multidimensional restrictions

Some government groups are taking action to fight \_\_\_\_\_ [obesity]. One way they are doing this is by targeting trans fats. Trans fats are made by mixing hydrogen and vegetable oil. The \_\_\_\_\_ [primary] reason people use trans fat is that it increases the amount of time frying oils and other products last. Because of this, trans fats are often used to make cookies, bread, and fried foods. However, there are several health risks linked to trans fats. Trans fats can contribute to \_\_\_\_\_ [obesity] and raise cholesterol levels. Both of these problems also increase the risk of heart disease. To fight this, the federal government has required food makers to start listing trans fat on their labels. In addition, some cities are considering \_\_\_\_\_ [restricting] restaurants' use of trans fats. Some opponents of these \_\_\_\_\_ [restrictions] point out that \_\_\_\_\_ [obesity] is a \_\_\_\_\_ [multidimensional] problem that cannot be solved by getting rid of trans fats alone. Others \_\_\_\_\_ [emphasize] the importance of people making their own decisions about how to live a healthy life.

## Activity: *Open-Ended Response*

Should the government restrict restaurants' use of trans fats? Should food manufacturers voluntarily limit their use of trans fats?