# Good Food/Bad Food
# Reading Rhetorically

## Prereading

### Activity 1: Getting Ready to Read—Quick Write

Americans are at increasing risk of disease because of the unhealthy food we eat. What will it take to get us to change our eating habits?

### Activity 2: Surveying the Text

Surveying the texts gives you an overview of what the articles you are going to read are about and how they are put together. This activity will help you create a framework so that you can make predictions and form questions to guide your reading.

- What do the titles "Attacking the Obesity Epidemic by First Figuring Out Its Cause" and Bad Food? Tax It, and Subsidize Vegetables" tell you about what the articles will be about? Can you guess what "No Lunch Left Behind" is going to be about from its title?

- All three articles were published in the New York Times in 2009 and 2011. What can you predict about the articles? How do you think the articles will be the same? How do you think they will be different?

### Activity 3: Making Predictions—Anticipation Guide

Before reading "Attacking the Obesity Epidemic," indicate in the first column which of the statements below you believe are true and which are false. After reading, go back and label the statements true or false based on what you learned by reading the article. Record the number of the paragraph in which you found the information. After your class discusses the answers and the evidence, make any needed corrections in the last column.

| Anticipation Guide: "Attacking the Obesity Epidemic by First Figuring Out Its Cause" | | | | |
|---|---|---|---|---|
| Statement | Before Reading *T or F* | After Reading *T or F* | Proof Paragraph | Correction *(only if necessary)* |
| Americans now need far fewer calories to be healthy than people did in the 1800s. | | *T* | *10* | |

| | | | |
|---|---|---|---|
| Since the 1970s, the food industry has made it easier to eat a healthy diet. | | | |
| Efforts to reduce smoking show that it's almost impossible to get people to change habits. | | | |
| Taxing unhealthy food would be an inexpensive way to improve American health. | | | |
| Offering healthy lunches at school means kids are more likely to eat healthy food at home. | | | |

### Activity 4: Making Predictions and Asking Questions

Read the first paragraph of "No Lunch Left Behind" silently.

- What do Waters and Heron think should happen to school lunches?

- Now that you've read the first paragraph, explain what the title of the article means.

Now read the first five paragraphs of "Bad Food?," and then discuss the following questions:

- What is it going to be about? Why does Bittman put a question mark after "Bad Food?"

- Who do you think is the intended audience for this piece? How do you know this? Is this the same as the audience for "No Lunch Left Behind"?

Turn the title of Bittman's article into a question to answer as you read the essay.

## Reading

### Activity 5: Reading for Understanding

The first reading of an essay is intended to help you understand the text and confirm your predictions. This step is sometimes called reading "with the grain" or "playing the believing game." As you read, think about the following questions:

- Which of your predictions turned out to be true?

- What surprised you?

- If your predictions turned out to be wrong, what misled you?

- Can you answer the question you created from the title?

- What, if anything, is still confusing to you?


## Activity 6: Understanding Key Vocabulary

Choose the word that best fills in the blank in the sentences below from the list of key words and phrases. Look back at "Attacking the Obesity Epidemic" to see how the word or phrase is used. The number of the paragraph where the word is used is given in parentheses. If you still cannot figure out the meaning, look it up in a dictionary.

Key words: subvert (2); culpable (5); laden (6); crave (11); push factors (13); obesogenic (13); interventions (16); controversial (24)

1. A supersize cheeseburger is ___with enough calories for a whole day.

2. The television industry is_____for allowing ads for sugared cereals on children's shows.

3. I try not to eat __foods because I know they make me gain weight.

4. A fast food restaurant on every corner is a _____that encourages people to eat more calories than they use.

5. In the middle of the afternoon, I _____a bag of chips and a 16-ounce soda.

6. Encouraging farmers' markets is an _____that helps people eat more fruits and vegetables.

7. Junk food is so tasty that it ___our efforts to eat less of it.

8. Taxing junk food is ____because many people think they should have the right to eat unhealthy food if they choose to.

Now fill in the blanks in the sentences below using words from "Bad Food."

Key words: indisputable (1); fix (4); subsidizing (5); staple foods (7); ubiquitous (17); borne (21); precedent (21); comprehensive (32)

1. Paying farmers to grow corn is _____a crop that makes us fat since corn is used to make high-fructose corn syrup.

2. Fruits, vegetables, and whole grains are _____that we need to survive; unfortunately fat, sugar, and salt are not.

3.  The successful campaign to get people to stop smoking sets a_____ for a similar campaign to get them to eat healthy food.

4.  The _____for the obesity epidemic will be complex, but that shouldn't stop us from getting started immediately.

5.  We have never had a _____program that addresses all the causes of the obesity epidemic at one time.

6.  Fast-food restaurants are _____; there's even one outside the Forbidden City in Beijing.

7.  The health costs of the obesity epidemic are _by the American taxpayer, so getting people to eat a healthier diet is in all of our interests.

8.  Although the arguments for reversing the obesity epidemic are _____ , the fast food industry opposes many changes that could help.

Now identify eight similar key words in "No Lunch Left Behind" and use context or a dictionary to find their meaning and gloss them (write a brief definition in the margin) on your copy of the article. Compare your key words with a partner. If you have glossed different words, you can share the meanings and add them to your glosses if they are unfamiliar.