

Name: _____

Date: _____

Period: _____

Weekly Reading HW

HW Wk _____

Directions: Read and annotate the passage below. Then answer the questions.

Dietary Report Card Disappoints

Recently, the Center for Science in the Public Interest prepared a “report card” on changes in the American diet. It is not one Americans should be especially proud of. The analysis of changes in food consumption from 1970 to 2010 reveals that we still have a long way to go before we come close to meeting dietary guidelines for warding off obesity and chronic health problems like diabetes and heart disease.

But the news isn’t all bad. Our consumption of added sweeteners, has come down from the “sugar high” of 1999 but is still higher than that of 1970. Nonetheless, an average of 78 pounds per person, mostly as sugar and high-fructose corn syrup, is still too much. Even our highest grade (B+) for reduction in fats and oils, is a mixed bag. Yes, we’ve reduced consumption of heart-damaging trans fats and saturated fats like margarine, but there’s been an increase in total fats. As a country, we have definitely not been on a “low-fat diet.” The average person consumes 20 pounds more in total fat yearly than in 1970, which explains why the obesity rate has more than doubled since then, to 35%.

Grain products show a similar trend. “There’s been a huge increase in grains in the last 30 years — bread, cereal, pasta, rice, muffins — mostly made from white flour,” said Ms. Liebman, a nutritionist. “We’ve been blaming obesity on sweets, but we need to pay more attention to grains. We should not simply replace refined grains like white flour with whole grains,” she added. “We need to cut back on grains, period.”

For the average adult, who should aim for a daily intake of 2,000 calories, grains displace far more nutritious (and low-calorie) fruits and vegetables. Our consumption of those earned a B-minus on the report card. “We need to swap starches for veggies, and trade chips for fresh fruit,” she said.

Additionally, Ms. Liebman added that portion control is a major problem. Americans today eat about 500 more calories a day per person than in 1970. “We’ve lost track of what a normal amount of food should look like,” she said. She blames restaurants for portion distortion. “If you eat what restaurants serve, you will end up overweight or obese,” she said. We should assume that restaurants serve double what you should be eating. Instead, we should share a meal or take half of it home to eat the next day.

1. (RST.9-10.2) The main idea of the passage is that:
 - a. Poor diet and lack of portion control have been the cause of obesity and is what prevents Americans from losing weight.
 - b. Americans have reduced the amount of fat that they have been eating which has prevented some from getting heart disease.
 - c. There have been some improvements in nutrition but Americans still need to make a lot of changes in order to be healthy.
 - d. Restaurants are to blame for obesity because they serve huge portions with not enough vegetables.

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2. (RST.9-10.1) According to Ms. Liebman, Americans need to:
- a. Eat less food by cutting “normal” portions in quarters.
 - b. Eat less refined grains like white flour and more whole grains.
 - c. Eat less grains and more low calorie foods like vegetables.
 - d. Eat less saturated fats like margarine and more unsaturated fats like oils.
3. (RST.9-10.1) Which of the following is NOT one of the things that Americans should eat more of?
- a. Vegetables
 - b. Fruits
 - c. Whole grains
 - d. Salads
4. (RST.9-10.4) As it is used in the passage, the term *displace* means:
- a. Consume
 - b. Replace
 - c. Destroy
 - d. Detach

5. (RST.9-10.1) What are four ways in which Americans can improve their diets?

6. (RST.9-10.1) How are restaurants to blame for “portion distortion”?

Adapted from the article, “Dietary Report Card Disappoints” by Jane E. Brody for The New York Times, on September 23, 2013.