

NEWS BREAK

Article: Kids who eat fish are smarter and sleep better, study finds

Section: NW ARTS & LIFE, G1

Sunday's News Break selects an article from **Sunday, January 7, 2018** 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 classrooms may be able to use this as a worksheet and others might need to ask 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 all of 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 read an article about a recent study conducted on children that eat fish more regularly and their scores on an IQ test compared with children that do not eat fish. They will discuss pros and cons of eating fish and if they agree with the study's findings or not.

Pre-Reading Discussion:



- What do you see in this picture? What can you infer?
- What do you think the article will be about? What are the clues in this picture?

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.

“This area of research is not well-developed. It’s **emerging**,” Jianghong Liu, the lead author on the paper and an associate professor of nursing and public health, told the school’s Penn News.

Write your guess and then look up the definition and write it below your guess. How close did you come to the correct definition?

Emerging Guess:

Emerging Definition:

Comprehension Questions:

1. What did a study conducted by the University of Pennsylvania School of Nursing find in a current research study?
2. How much higher did they score?
3. The kids who favored fish over traditionally kid-friendly items like, say, chicken fingers and fries, also did what during the study?
4. How many boys and girls were a part of this study? How old were they?

5. What about the children's scores who ate fish only occasionally? What did their scores reveal?
6. Omega-3 fatty acids are concentrated in the brain and play a role in brain neurological function. True or False?
7. What 2 other fish were mentioned that are also high in the beneficial omega-3 fatty acids?
8. "Fish oils are also very good anti-inflammatories and so many root causes of disease are _____. So you can't lose by eating more fish. But what I say is important, particularly with kids with developing brains, is to go for lower-mercury fish," Rarback cautions.
9. _____, a metallic element found in the air and released by coal-fired power plants and other industries, can build up in the human body over years and cause neurological problems, including memory loss and personality disorders, according to the Food and Drug Administration. The FDA warns that children, pregnant women and women who plan to become pregnant are at the greatest risk because mercury can damage the nervous system of a developing child.
10. What are the fish that have the most mercury content? What fish have the lowest mercury content?

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

- Do you like fish? What are your favorites?
- How often does your family eat fish?
- Do you believe what you eat has an impact on your scholastic achievement? Why or why not?

Sheah Rarback, a registered dietitian on the faculty of the University of Miami Miller School of Medicine, questions the study's conclusions. She said the study of these kids who kept a food diary and took an IQ test should not be considered cause and effect — as in an eat-fish-and-you'll-be-smarter certainty.

"You have to be careful to say 'eating fish will cause better intelligence.' It's an association. There could be other things factoring in there so it's not cause and effect," Rarback said.

"That said, fish is a good, nutritious, lean protein for kids and adults," Rarback said. "They are probably zeroing in on the omega-3 fatty acids. There are fish that have higher amounts and, of these, is a fish kids love — tuna."

- Do you agree or disagree with Rarback's?
- What are other possible factors so this study's findings are not solely based on cause and effect?

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Newsbreak Answer Key: January 7, 2018

Pre-Reading Discussion:

Answers will vary

Vocabulary Building:

Emerging: Become apparent, important, or prominent

Comprehension Answers:

1. That children who ate fish regularly scored higher on a standard IQ test.
2. A new University of Pennsylvania School of Nursing study found that children who ate fish regularly scored nearly five points higher on a standard IQ test that measures cognitive function in children.
3. Slept better and had fewer sleep interruptions.
4. The study of 541 boys and girls in China, ages 9 to 11, who completed a questionnaire about how often they consumed fish in the past month, was published Dec. 21 in Scientific Reports.
5. They also benefited with better verbal and nonverbal skills and scored an average of 3.3 IQ points higher than those who turned their noses up at fish.
6. True
7. Salmon and sardines
8. Inflammation
9. Mercury
10. Fish highest in mercury are large predators like largemouth bass and sharks, since they ingest all the mercury from the fish they consume.

“Fish with the lowest potential for mercury is canned white tuna and salmon — those are two good choices for kids. And sardines, though I’ve yet to meet the kid who likes sardines,” Rarback said.

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

Questions: Answers will vary