

NEWS BREAK

Article: Common-sense advice for parents on kids and snacks

Section: The Mix, E8

Sunday's News Break selects an article from **Sunday, January 13, 2019** 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 talk about nutrition in their homes. They'll discuss what types of snacks are provided at home and school. They'll discuss satiation, the feelings of feeling both hungry and full. They'll talk about times when they notice that they're overeating? Are they feeling more stressed? They'll talk about noticing specific times when they continue to eat when they're full and what contributes to that. They'll discuss whether they talk openly about nutrition and healthy eating habits in their home and what their family rules are for sugary foods and drinks?

Pre-Reading Discussion:

- What snacks do your parents provide at home? At school?
- How do you feel when you're hungry? Full?

- How much sugary foods and sugary drinks do your parents allow you to have? Do they monitor that? How?

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.

“Most kids can control the amount of broccoli they consume much more easily than they can control the number of cookies, so if you want to teach your children to snack and eat sweets in **moderation**.”

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

Moderation Guess:

Moderation Definition:

Comprehension Questions:

1. Just as children need support when they learn to read, write or ride a bike, they need support learning to eat in moderation, especially during what time?
2. Why are snacks usually the most challenging to moderate?
3. The author states that kids should recognize hunger cues. What does that mean?
4. Kids must learn to trust their own constantly changing hunger and satiety cues, otherwise they may learn to habitually _____.
5. Just as children need practice reading before they reach chapter books, and practice driving before they hit the roads alone, they need practice figuring out how much they should eat at any one time. To teach them this, follow author Ellyn Satter’s division of responsibility in which parents are responsible for what? What are children responsible for?
6. By giving kids control over how much they eat at every meal and snack, you are giving them the _____ they need.
7. What is the author’s opinion on snack times?
8. The author suggests creating snack drawers. What are they and what’s inside of them?
9. What is the author’s take on rules for sugary foods?

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

- What snacks do your parents provide at home? At school?
- How do you feel when you're hungry? Full?
- Do you ever notice that you're overeating? When?
- Do you ever continue to eat when you're full? Why or why not?
- How do you feel when you eat too much sugar?
- Do you talk about nutrition and healthy eating in your home?
- What is your family rule for sugary foods or sugary drinks?

Have you ever noticed that some days you can finish an entire bowl of ice cream and other times won't want more than a bite? How sometimes you are ravenous in the morning and other times too tired to even think about breakfast?

- What do you think causes those changes in hunger?
- When are you the hungriest during the day?

As Dina Rose says in her book "It's Not About the Broccoli," "even if it turned out, by some stroke of magic, that you do know how much your kids ought to eat, you still shouldn't interfere. Teaching kids to trust your instincts rather than their own instincts prevents your children from learning how to self-regulate."

- Do you agree or disagree with Rose's theory? Do you think parents shouldn't interfere with what their kids eat, to teach them to trust their instincts and regulate their own bodies? Why or why not?
- How active are your parents in monitoring what you eat?

Creating a snack drawer and giving your children some control over it could possibly ease your eating worries. When you take the leftover candy and dole it out in a snack drawer, it doesn't hold as much power. As Rose explains, "When you break up the contents, the candy collection no longer seems like a set. As a result, your kids won't feel entitled to eat it all at once."

- Do you agree? Having candy intermixed or nearby the healthier options at home? Why or why not?

"When you take the leftover candy and dole it out in a snack drawer, it doesn't hold as much power."

- Do you agree? Why or why not?

“Set a family rule for sugary foods. Let’s say you allow one sugary food a day (as this makes for a clean example). Tell your children it is entirely up to them when to have that food each day. It could be during snack time, in a lunchbox or after dinner. Then place the sugary snacks next to the healthful snacks. Do this because a child who truly listens to his body might reach for the candy but then see the applesauce and decide that is what he really desires. The power of junk food dissipates when it becomes appropriately accessible.”

- How is sugar doled out in your home? Do your parents monitor how much you get?
- How much would you eat if it was a free-for-all for sugary treats and drinks in your home?
- Do you think a once a day rule is a good one? Why or why not?
- If you had one sweet food/drink once a day, what would you have and at what time?
- When do you crave sweets the most?

News Break is posted to the Web on Monday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please [register on-line](#) or call 206/652-6290 or toll-free 1-888/775-2655.
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Newsbreak Answer Key: January 13, 2019

Pre-Reading Discussion:

Answers will vary

Vocabulary Building:

Moderation: the avoidance of excess or extremes, especially in one's behavior.

Synonyms: self-restraint · restraint · self-control · self-discipline · moderateness

Comprehension Answers:

1. Snack time
2. Because children often prefer snack foods to what is served for dinner.
3. Children won't be able to recognize how much they should eat at snack time if they don't understand how hungry they are. Explain what hunger feels like and how to tell when feeling full, then ask how hungry they feel before every snack. This will help children connect hunger levels to the amount they choose to eat.
4. Overeat
5. Parent's responsibility is the food is put on the table, when meals and snacks are served, and where children eat. Children are responsible for how much they eat — and whether they eat at all.
6. Moderation practice
7. **Set a specific snack time.** The kitchen or snack cabinet should not be open all day. Snack times should be designated between breakfast and lunch, between lunch and dinner and should be kept brief. After sitting down and enjoying a snack, your child should move to another activity and be given plenty of time to rebuild an appetite before the next meal.
8. Create a refrigerator snack drawer full of foods such as hard-boiled eggs, blueberries, carrots and yogurt, and always have a bowl of fresh fruit on the counter. Also, create a snack drawer outside the refrigerator. Fill it with mostly healthful snacks such as applesauce, raisins and nutritious bars, but add a few less-healthful items, such as leftover candy. Explain that at snack time, they may eat from either of these locations.

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

Questions: Answers will vary