

## **NEWS BREAK**

Article: **Doctor's prescription? Ride a bike**

Section: **MAIN, A13**

Sunday's News Break selects an article from **Sunday, May 12, 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 discuss why exercise is important. They will debate how many hours a week they should be moving their bodies and whether they are currently hitting that goal. They will talk about if exercise is important to their families, as well as themselves. They will discuss how they feel after a workout. Students will also talk about why obesity has become a recent world-wide problem.

## Pre-Reading Discussion:



- What do you think the article will be about?
- Are there clues in the 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.

“Recent research supports the idea that exercise can be considered **medicinal**, and studies have shown its efficiency, comparable to drugs, in treating conditions such as high blood pressure and obesity.”

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

**Medicinal Guess:**

**Medicinal Definition:**

## Comprehension Questions:

1. A new program in Wales will allow family doctors to offer patients an unusual prescription for better health: \_\_\_\_\_.
2. The pilot program is the first such initiative in Britain, according to the health board that is leading it; it reflects an effort by medical professionals around the world to give patients alternatives to what?
3. What will some patients at two medical centers in Cardiff be offered?
4. Recent research supports the idea that exercise can be considered \_\_\_\_\_, and studies have shown its efficiency,

comparable to drugs, in treating conditions such as high blood pressure and obesity.

5. Other initiatives like Exercise in Medicine, by the American College of Sports Medicine, encourage doctors to prescribe what?
6. Britain introduced an exercise-prescription framework in 2001, allowing doctors and nurses to refer patients for what?
7. The need for the program is apparent, according to a new statistic. The National Health Service said it had recorded \_\_\_\_\_ hospital admissions related to obesity last year in England, a 15 percent increase compared to the year before.
8. The British government recommends at least 2.5 hours of moderate activity or 75 minutes of vigorous activity spread across the week.
9. But the National Health Service said that more than 20 percent of men and women in England were classified as inactive. What does that mean?

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

- Why is exercise so important?
- How many minutes/hours should we be exercising and active each week? Are you hitting that goal? Why or why not?
- Is exercise important in your family?
- Is exercise important to you?
- How do you feel after you've had a good workout?
- Why do you think obesity is such a world-wide problem?
- Do you think exercise is a great preventative measure for your health and well-being? Why or why not?
- Do you think people who are given free bikes or gym memberships will use them frequently? Why or why not?

***“If you think about the pharmaceutical industry, it’s designed not necessarily as curative but to treat the symptoms. And, of course, the side effects of exercise are generally positive.”***

- What do you think about the pharmaceutical industry? What are the pros/cons of these large companies?
- Are the effects of exercise generally positive?

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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