

Introducing the Words

Read the following magazine article about a major health problem and some ways to solve it. Notice how the highlighted words are used. These are the words you will be learning in this unit.

Let's Be Healthy!

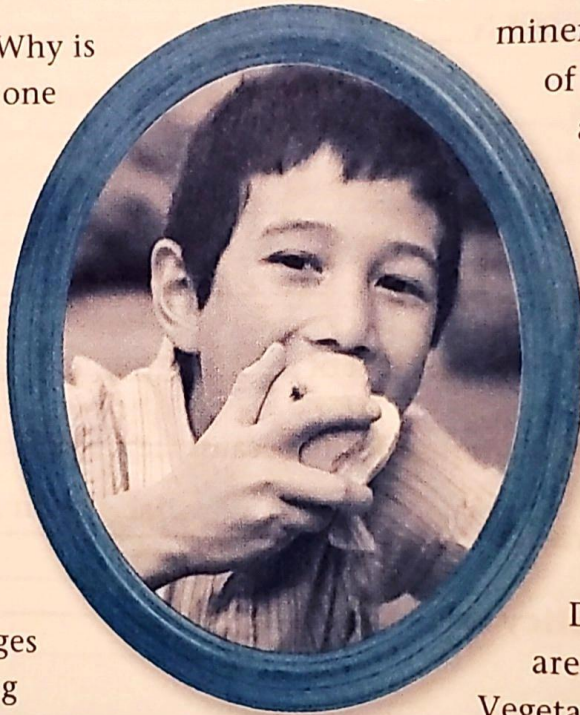
(Magazine Article)

Children in America are bigger than ever. They aren't taller or stronger; they just weigh more. Approximately thirty out of every one hundred American children in elementary and high school are obese, or overweight. Obesity is so common that some doctors have called it an "obesity epidemic."

What's all the fuss about? Why is being overweight so bad? For one thing, it's unhealthy. Being overweight can actually make you sick. Obesity has been shown to lead to very serious health problems, including diabetes, cancer, and heart disease.

Doctors warn that if obesity in children continues, a national health disaster could follow. Only when the idea of making lifestyle changes penetrates the minds of young people, these doctors say, will children create healthier lives for themselves.

How can you keep a healthful weight? It's really not hard. Just think of this formula: diet and exercise.



Diet

When you eat a healthful diet, you eat foods that help your body stay strong and full of energy. The foods have nutritional value instead of empty calories. Empty calories are calories from foods that are high in energy but low in nutrients such as vitamins, minerals, and fiber. The staples of a healthful diet are fruits and vegetables, grains, milk, meat, fish, and beans.

For a healthy snack, grab an apple, which is a fruit, and leave the oily potato chips behind. Eat carrots, a vegetable, instead of sugary treats.

To get even more vegetables, think green. Dark green vegetables are always a good choice.

Vegetables such as broccoli and spinach give you the vitamins you need to feel your best.

If you eat out, say "NO!" to French fries, and have a salad instead. Put veggies instead of fatty sausage on pizza.



Exercise

Exercise not only helps keep your weight down, it also makes you feel great. So if you're feeling bored, reach for a soccer ball, not a cookie! Turn off the television, go outside, and run around. **Romp** with the dog or play tag with friends.

Unfortunately, some people make only feeble attempts at exercising. They might think that walking home from school or just being outside on the playground is enough. Don't let that be you! Jump rope or ride a bike. Every child needs at least sixty minutes of exercise each day.

Do you want to make better grades? It has been proven that exercising before a test relaxes the body and mind. After exercising, you will

feel more **alert**. If your mind is sharper, your answers will be more **accurate**. That has to be a good thing!

When you are considering what you can do to prevent obesity, think diet and exercise. If any of these suggestions change your habits, then you're on your way to a healthier lifestyle and a healthier body.



Do We Inherit Obesity?

Do you believe that a skinny person inherits a "skinny gene"? Think again. Take a look at photographs of your **ancestors** or the early settlers of this country. Few people then were obese because they worked hard and were on their feet all day. To **survive**, they did work that included farming, building, and heavy lifting. Even children helped their parents work in the barn or in fields. You may not **envy** their lifestyle, but helping with chores is a lot healthier than sitting in front of a TV or computer screen all afternoon!





Match the Meaning

For each item below, choose the word whose meaning is suggested by the clue given. Then write the word in the space provided.

1. If a team wins a game easily, it may be said to _____ over its opponents.

- a. survive b. penetrate c. envy d. romp

2. If I wish I had the advantages that someone else enjoys, I _____ that person.

- a. alert b. envy c. survive d. staple

3. To pierce or enter something is to _____ it.

- a. alert b. survive c. penetrate d. envy

4. A widespread outbreak of a disease is called an _____.

- a. epidemic b. alert c. envy d. ancestor

5. The _____ lessons are the easiest ones.

- a. accurate b. feeble c. staple d. elementary

6. The major product produced in a state may be called a(n) _____.

- a. alert b. staple c. disaster d. epidemic

7. A(n) _____ watch shows the exact time.

- a. accurate b. elementary c. alert d. feeble

8. Members of your family who lived in the distant past are called your _____.

- a. epidemics b. disasters c. ancestors d. romps

9. If you stay alive or keep going, you _____.

- a. envy b. survive c. romp d. penetrate

10. An action that lacks strength and authority is a(n) _____ effort.

- a. accurate b. elementary c. staple d. feeble

11. A severe storm that causes great property damage is a natural _____.

- a. envy b. romp c. disaster d. ancestor

12. If I am _____, I am watchful and ready for whatever happens.

- a. alert b. feeble c. accurate d. elementary



A watch with the **accurate** time means you will not be late.