

Document Camera

Name: _____

Directions: Plan for the following prompt.

***The readings talked about school lunches being healthy.
Write an essay giving your opinion: Are school lunches healthy for kids?***

I _____

R1 _____

a. _____

b. _____

R2 _____

a. _____

b. _____

R3 _____

a. _____

b. _____

C _____

Guided Practice

Name: _____

Directions: Circle the prompt you are writing about. Then plan for that prompt.

Prompt: **Cell phones are used in many different ways in our society today.**

Think about the ways cell phones can be beneficial or destructive in schools.

Write your opinion on whether cell phones enhance or interrupt a student's education.

Advanced Prompt: **Your school district's school board is meeting to review existing school board policies. Write an essay for your school board arguing whether or not they should change the school board policy to allow cell phones to be used in schools. Your argument should be focused on whether students' use of cell phones in school positively or negatively impacts a student's academic performance. Your essay must be based on the ideas, concepts, and information that can be determined through analysis of the passage set.**

I _____

R1 _____

a. _____

b. _____

R2 _____

a. _____

b. _____

R3 _____

a. _____

b. _____

C _____



Not as Healthy as You Think

1 You have probably heard that breakfast is the most important meal of the day. While this might be true, you shouldn't completely discount lunch. It raises blood sugar when you're just starting to lag behind and can help you get from sluggish to energized for the afternoon. However, unlike breakfast, lunch is even more important for school-aged children than it is for adults. Lunch is a critical meal for kids and their nutritional health.

2 Many people have offered assistance in this area through the USDA federal mandate. Through programs like this, students are required to pick up an additional fruit or vegetable every day during lunch. This means that every child whose school participates is getting access to more produce than they were before. The question is, are students eating the fruits and vegetables they pick up?

3 Just because kids eating at school have access to additional fruits and vegetables does not mean the produce is eaten. One research study showed that kids were picking up their fruits and vegetables and then throwing them away. The actual student lunches have not changed.

4 So how healthy are school lunches? Not as healthy as you might think. Some of the worst lunches regarding calorie intake and fat content are still being served in schools all over the country. Beef and cheese nachos are the number one rated worst school lunch being served. This meal includes tortilla chips and nacho cheese. The cheese has ground beef in it too. This entree is often served with rice and milk with an option of shredded lettuce and tomato. If students also grab an apple, then they are meeting the USDA requirements. However, the lunch isn't really any healthier; they just added fruit. Students are consuming almost 500 calories from the nachos alone not including the rice, milk, and produce.

5 Beef and cheese nachos also have the highest sodium content at 1,500 milligrams as well as a total fat content of 24 grams. The second least nutritional meal is meatloaf and potatoes, and the nutritional facts look extremely similar. With or without the additional fruit or vegetable being offered, it is clear that access to produce isn't the issue.

6 School lunches just aren't healthy, and requiring students to pick up an extra piece of produce to meet federal requirements will not change that. Putting fruits or vegetables on a plate does not mean kids will eat it and since studies show kids are, more often than not, throwing it away, it is time to make school lunches healthier.

"Not as Healthy as You Think" written for educational purposes.



Why I Don't Eat School Lunch: Thoughts From a Teacher

7 I've been a teacher for five years, and in that time I've eaten school lunch on very few occasions. My reasoning is that it isn't healthy food and it doesn't keep me energized for the rest of the day.

8 The first reason I don't eat school lunch is nutrition. As someone who works out and pays extra attention to the nutrition labels on foods, I need to eat a balanced diet. I've noticed that even the vegetables served in our school's lunches are sautéed in butter or covered in cheese. Does it taste better? Sure! However, it's not better for your body. Even white milk has sugar in it. Chocolate milk has up to 8 grams of sugar added in addition to the typical amount found in white milk.

9 I used to work at a school where the food was cooked fresh in the kitchen. It was prepared with fruits and vegetables we grew in our garden, and even the bread and tortillas were made by hand. Our school grew, and after a while, we could not make our food in the kitchen anymore. We had to start ordering our food as any other school would. We started getting crates of frozen beef patties and sheets of frozen pepperoni pizza. Instead of our homemade lunches, we got what was cheap and could feed many people.

10 The other reason I don't eat school lunches is that they make me tired and lacking energy throughout the rest of the day, or I'm hungry within a few hours. I ate school lunches during my first year of teaching, but after a few weeks, I realized I was eating more because I had to snack when I got home to hold me until dinner. Between my breakfast, snacks throughout the day, and the school lunch that was not filling me up, I was actually eating far over my appropriate calorie intake and was having much lower energy levels.

11 When I switched those cheese quesadillas for pita bread, hummus, and grilled chicken, I saw a change. I became more alert and my stomach stayed full all day. I didn't need those snacks to fill me up anymore, and I wasn't wasting my afternoon being tired and sluggish.

12 It is time that schools started serving a healthier lunch that is better for kids and provides them with the energy they need. I stopped eating lunch in favor of bringing my own food from home, but not everyone has that option. Kids don't have the choices that adults do. While teachers can choose what they eat, kids have to take what's served, and it's not always what's best.

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Healthier Than You Think

13 Around 31.6 million kids have received their school lunch through the National School Lunch Program. This program is beneficial to every participant and impacts lives across the country.

14 Have you ever been hungry? Not just in need of a snack but truly hungry. Have you ever gone home after school knowing you wouldn't eat again until the school gave you breakfast? This is a very real situation for thousands of kids every day. The healthy meal options served at school make it possible for these kids to get nutritious meals that will fill them up.

15 In the past, school lunches have not been as healthy as they currently are. They would serve kids pizza and cinnamon rolls or grilled cheese with hamburger chili. Today, kids also get fresh fruits and vegetables with their meals. The National School Lunch Program has teamed up with the USDA to provide every kid with either a serving of fresh fruit or vegetable at each school meal. At breakfast, this could mean delicious bananas or a peach. At lunch, schools offer a wider variety of fruits and vegetables like apples, pears, carrots, cauliflower, or broccoli.

16 For many kids, these are the biggest meals they get each day, and it has the most nutrients. Some people say these meals provided by the school aren't healthy enough, but they aren't taking into account what these kids eat at home.

17 Some kids aren't getting healthy foods at home and are not being offered fruits and vegetables. The meals they are eating at school are much healthier than the mac and cheese and fruit snacks they get at home.

18 Moreover, don't worry about kids not getting enough nutrients because these meals are healthier than you think. Each plate has a combination of food groups so that kids are meeting national standards for nutrition. Each child gets a grain, dairy, fruit, vegetable, and meat. When kids get these well-rounded meals, they are getting everything their bodies need to get them through the day.

"Healthier Than You Think" written for educational purposes.



Why I Eat School Lunch

19 This year is my first year of teaching. I enjoy my job, but one of the things I love most is access to healthy meals every day.

20 When I was a kid, school lunches were not like they are today. I remember eating greasy meatloaf with peas swimming in a sea of butter. We wouldn't drink the milk because we didn't like white milk and if fruit was available, it was usually frozen or from a can.

21 Now I come to school and I'm happy at lunchtime because I know school lunches today are different. Our school offers typical school lunches but also gives kids the option of a soup and sandwich line or salad bar. I was surprised at first how many kids bought vegetable soup and half a sandwich. I was even more surprised to see that the salad bar was also a popular option for many of the kids.

22 If given the opportunity, kids will make a healthy decision. They want what is best for their bodies just like we do. They want to be fit and trim, and staying in shape gives them more self-confidence.

23 I usually choose the salad bar or soup and sandwich option, but on Tuesdays and Thursdays, they only serve one school lunch. I still eat on these days because I've noticed even these meals are really nutritious. Some days for the main meal, they offer grilled chicken, fresh salsa, and a whole grain tortilla. Other days I've seen them offer pita bread and hummus with carrot and celery sticks.

24 These are the same nutritious meals I would bring from home; however, now I don't have to because school lunches are becoming healthier all the time. Plus, with all of these meal options, there is always fresh fruit available for kids to pick up.

25 If they choose not to eat the fruit, they don't have to throw it away. They can put it on the share table for another student to pick up, which means almost no fresh fruit goes to waste.

26 If the meals offered at school were not healthy, I would not eat there. I have thought about bringing my lunch in the past, but with the awesome meals provided by the school, I don't have to.

"Why I Eat School Lunch" written for educational purposes.



Source 1: Pros to Cell Phones at School

1 Cell phones are used in many different ways in our society today, aside from just being used to make phone calls. People check their email, scan social media, get directions, and so much more from their handy cell phones. Many people would feel lost without their cellular device. There are many ways cell phones can be beneficial to students' education so they should definitely be permitted in school buildings.

2 First of all, many schools are implementing "bring your own device" (BYOD) programs to help ensure all children have access to technology when researching for projects and completing educational games and activities. By middle school, many students have a cell phone and could put it to good use on their BYOD assignments and projects. Many educational websites even have special apps that are designed for use on a smartphone. Cell phones are a great way for students to collaborate as they respond to polls and participate in games/quizzes created by their teachers on an online platform. They could also have the opportunity to connect with students at other schools and geographic areas and discuss similar topics they are learning in school. What a great global connection! Students love their cell phones, so using them for learning would be a great way to make lessons engaging and connect with their interests.

3 Also, cell phones are important for students to communicate with their parents. When parents need to give a quick reminder to their child, they can send a quick text during the day, which will help cut down on calls to the office during the school day. The office staff will greatly appreciate this since they have many other tasks to complete during the day rather than passing on messages like, "Don't forget you have a dentist appointment after school," or "Don't forget to clean up your bedroom when you get home." Many students also participate in after-school sports and clubs, so they need to be able to call or text their parents to let them know what time they need a ride home. It is also reassuring to parents to be able to check-in with their students so they know they are safe.

4 Students can also use their cell phone at school to stay organized. To help ensure they will not forget upcoming test dates, assignment due dates, or upcoming school events, the students can input the events into the calendar on their cell phone. They no longer would have to worry about losing or forgetting their agenda or having difficulty reading their quick scribbled handwriting. Their cell phone could send them reminder alerts so they can stay organized and no longer miss an assignment deadline or feel unprepared for a test. In today's society, many adults use their cell phone calendars to organize and keep track of their work deadlines and meetings, so allowing students to do the same at school will help prepare them for the future.

5 Cell phones at school could also help students who are visual or auditory learners. We know students learn in lots of different ways, and of course, we want all students to be successful. Visual learners could take photographs of displays, posters, experiments, and other examples created by their teachers or classmates. Then while studying or reviewing a lesson, the students could look back at the pictures on their cell phone to help strengthen their understanding of the material. Auditory learners would also benefit by being able to record their teachers explaining directions or introducing a new topic



or skill. Then when they had questions or wanted to clarify their understanding of a skill, they could listen to the audio recording of the directions or lessons. What a great way to create an environment where all students can succeed!

6 Cell phones are used in many ways in the world around us. As schools prepare students for the future, they should help expose them to the many ways they can be used to collaborate, stay organized, and succeed in their day-to-day tasks. I hope you agree that cell phones would be a positive addition to the school environment.

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Source 2: **Cons to Cell Phones at School**

7 On a daily basis, you are likely to see many people looking down at their cell phones in a variety of settings. While cell phones can be used in many beneficial ways, they can also create many distractions. Cell phones should be banned from school so that students can stay focused and successful in achieving their academic goals.

8 One concern with students using cell phones at school is cyberbullying. When students are at school, they should feel they are in a safe place where they can learn. If students have easy access to their cell phones, there is an increased chance that they will take embarrassing photographs or videos of other students in private areas such as the bathrooms or locker rooms and post them on social media sites. The students may also post hurtful comments about students during the school day for everyone to see on social media sites. If students feel threatened in their learning environment by cyberbullying, it is likely to hurt their academic success. All students have the right to quality education without being concerned with cyberbullying from their classmates.

9 Cell phones in schools could also increase the chances of students cheating on tests. Students may be tempted to take a picture of a test and share the questions and/or answers with their friends so they will have an advantage when studying and preparing for the exam. Classmates might also be tempted to text each other and discuss answers while completing a test. If cell phones are permitted in the classroom, students might try to use them to look up answers on the internet or look at pictures of notes on their device. This temptation can be avoided by not allowing students to use their cell phones during the school day.

10 Also, cell phones can create a distraction that will prevent students from doing their very best in school. Outside of school, many students spend a significant amount of time on their phone perusing social media, sending text messages to their friends, and checking out the latest apps and trends. If students have their cell phones in school, they may lose sight of the educational value to having their cell phones and be distracted by the “fun” things they can do on their phones. Students need to see that while phones have valuable uses; phones should not be their only focus. It is a good idea if students take a break from using their phones during the school day and focus on receiving a quality education that will help them in the future.

11 I hope you agree that students should not be allowed to utilize their cell phones during the school day. Overall, this will help create a learning environment with fewer distractions and problems.

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