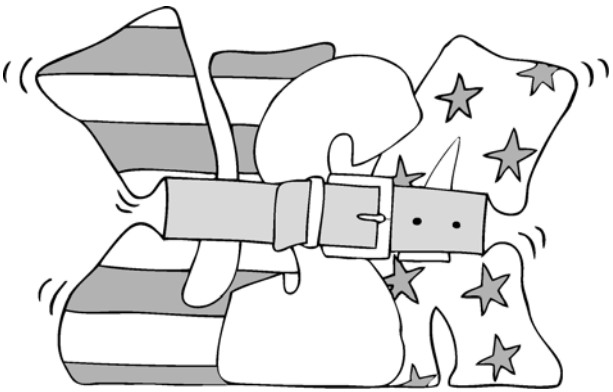


Read "The Fattest Nation in the World" before answering the questions that follow.

The Fattest Nation in the World

by L. Lee Smith

- 1 Did you know that America is the fattest nation in the world? It sounds funny when you put it that way, but it's not really funny at all. Sixty-five percent of all adults in the United States are overweight. Twenty percent of all children and adolescents are overweight and that number is growing every year. Certain groups within America, such as African American and Mexican American females, are at even greater risk of being overweight. Experts attribute America's growing waistline to prosperity. Our increasing wealth brings along with it readily available food and a reduction in physical labor, which means an increasingly sedentary lifestyle.
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- 2 How do you become overweight? Your body needs a certain amount of food each day to burn as fuel. Food is measured in calories, which are units of energy. When you take in more calories than your body uses, it stores the remainder as fat. Some fat is needed to cushion your internal organs; the fat functions as a shock absorber, just like those on the family car. When you get hit or bounce around, your organs are cushioned by bodily fat. Your body can also use stored fat to provide fuel if you don't get enough to eat. Too much stored fat can be unhealthy, though.
- 3 Obesity is a condition characterized by excessive bodily fat, usually considered to be 30 pounds above the average weight for your age and height. Many Americans are termed "obese." Health care costs linked directly to obesity total more than \$68 billion per year. Obesity leads to many major diseases such as high blood pressure, stroke, and heart disease. High body weights are also associated with increases in all causes of deaths.

- 4 Between fifteen to thirty-five percent of Americans spend up to \$50 billion trying to lose weight each year, yet we are still the most overweight country in the world. A lot of people are looking for a "quick fix" for their weight problem, and there's no such thing. Fat-free foods are hot items in stores, but most fat-free foods have the same amount of calories or more than regular food. Food isn't as tasty when the fat is removed, so manufacturers add a lot of sugar to disguise the taste. Low carbohydrate foods that have the sugars removed have recently become popular; these foods rely on artificial sweeteners that cause digestive problems for many people. When you want to lose weight, eating regular foods and cutting down on portion size works better than consuming "diet" foods.
- 5 So, what should you do if you need to lose weight? Well, for one thing, you should get more exercise. The more you increase your activity, the more muscle you build. The more muscle you have, the more fuel your body burns each day feeding those hungry muscles. As you get in shape, you'll actually eat less because your body will start to use fuel more efficiently and you won't feel hungry as often. Consequently, you won't have to monitor your food intake as your appetite will lessen. The other thing you should do is include more bulky foods in your diet. You'll feel satisfied without consuming a lot of calories when you eat foods like lettuce, spinach, and watermelon.
- 6 Many people turn to highly restrictive diets to lose weight, but these diets don't work. Eventually your cravings will get the best of you and you'll overeat. If you want a certain food, you should eat it in moderation. Use the ninety percent rule: if you eat right ninety percent of the time, the other ten percent won't matter. Eating for health is about changing your habits, not about denying yourself food or pleasure.
- 7 Your whole family can get involved in becoming healthier. Studies have shown that when parents model healthy eating and exercise habits, children learn healthy habits that last them a lifetime. Exercise is the key to losing weight and staying healthy. You don't have to spend a lot of money to exercise, either. You can take a walk together every day, toss a Frisbee in the yard, or dance to your favorite songs. Exercise can be a great deal of fun, and you may find that you like the way it makes you look and feel.

Use "The Fattest Nation in the World" to answer questions 1-5.

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| <p>1 What does the word <u>restrictive</u> mean in paragraph 6?</p> <p>A Exercising</p> <p>B Gaining weight</p> <p>C Limiting</p> <p>D Overeating</p> | <p>4 What does the author mean by the phrase "quick fix" in paragraph 4?</p> <p>F Slow result</p> <p>G Fast solution</p> <p>H Gradual cure</p> <p>J Easy treatment</p> |
| <p>2 Which of the following is the most persuasive argument for exercising?</p> <p>F <i>The more muscle you have, the more fuel your body burns each day feeding those hungry muscles.</i></p> <p>G <i>The more you increase your activity, the more muscle you build.</i></p> <p>H <i>Exercise can be a great deal of fun, and you may find that you like the way it makes you look and feel.</i></p> <p>J <i>Obesity leads to many major diseases such as high blood pressure, stroke, and heart disease.</i></p> | <p>5 Based on information in the selection, which is the most accurate statement regarding obesity?</p> <p>A Fat-free and low carbohydrate foods have made it much easier to lose weight.</p> <p>B Some groups are at greater risk of becoming obese.</p> <p>C People 25 pounds over the average weight for their age and height are considered obese.</p> <p>D Diet is much more important than exercise in preventing obesity.</p> |
| <p>3 How does the author feel about the rising number of overweight people in America?</p> <p>A Concerned</p> <p>B Unhappy</p> <p>C Happy</p> <p>D Angry</p> | |



Grade 6th Reading Test made with STAAR Test Maker 800-930-TEST

Item Number	Reporting Category	Readiness or Supporting	Content Student Expectation	Correct Answer
READING Selection 1				
1	1	Readiness	6.2 (A)	C
2	3	Supporting	6.11 Fig.19 (D)	H
3	3	Supporting	6.11 Fig.19 (D)	A
4	1	Readiness	6.2 (B)	G
5	3	Supporting	6.11 Fig.19 (E)	B