

Name:

Day One

Food and Family

Part 1: Silent read

→ When kids are very obese, should they be taken from their families? Read silently.

When Ana was just one, she weighed 65 pounds. Doctors warned Ana's parents that extra weight was putting a terrible strain on her body. But Ana kept on gaining weight. By age three, Ana weighed 124 pounds. Her future looked bleak. So the state took an extreme step. Ana was taken from her parents and placed in foster care.

Millions of American children are obese. They struggle to play with their friends. Climbing stairs drains their energy. They risk serious health problems and early death. If obesity threatens a child's life, are the parents to blame? Should very obese children be removed from their homes?

One doctor says that, in extreme cases, the state should broach this idea. He believes it is a difficult choice. "But when we have a 400 pound child, there may not be any great choices," he says. "That child could die!"

Other doctors disagree. They say that obesity may be out of parents' control. Kids may sneak extra food that their parents don't know about. Genes also play a role in obesity. Foster care won't help all obese children.

Ana was in foster care for over two months. When she failed to lose any weight, she was returned home. Ana is older now. She believes that obese children should stay with their families. She spoke to the TV show, *Good Morning America*. "To get better, you need to be with your family and have their support," she said.

Sources: "Doctor offers advice to severely overweight child," *Good Morning America*, May 24, 2005.

"Should parents lose custody of extremely obese kids?," *ABC News*, July 13, 2011.



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// one minute

Part 2: First timed read

WPM _____

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Part 3: Comprehension and discussion

Why was Ana taken from her parents and put in foster care?

What problems do obese children face?

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Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

When Ana was just one, / she weighed 65 pounds. // Doctors warned Ana's parents / that extra weight was putting a terrible strain on her body. // But Ana kept on gaining weight. // By age three, / Ana weighed 124 pounds. // Her future looked bleak. // So the state took an extreme step. // Ana was taken from her parents / and placed in foster care. //

Millions of American children are obese. // They struggle to play with their friends. // Climbing stairs drains their energy. // They risk serious health problems / and early death. // If obesity threatens a child's life, / are the parents to blame? // Should very obese children be removed from their homes? //

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I read the passage in phrases out loud to my partner.