

Name:

Day One

Who's to Blame?

Part 1: Silent read

→ Should seriously obese children be removed from their homes? Read silently.

When children are seriously obese, is their home to blame? As American children get heavier, this is a question some doctors are asking. Children are obese if they are 50 percent above their recommended weight. Blood sugar, lung, and heart problems can shorten their lives.

In some states, children have been taken from their homes when their weight gain got out of hand. A third grader in Ohio was put in foster care after his weight ballooned to 200 pounds. Dr. Norman Fost told *The LA Times* that this should only be a last resort. “You try everything else first.” Clinics can help families limit sugary drinks and junk food and get children moving. The Ohio boy was placed in foster care for six months and then returned to his family. He had lost more than 50 pounds.

Mr. and Mrs. Keene nearly had their son Anthony taken from them. At age 5, Anthony weighed 140 pounds. He was so heavy he often had to strain to breathe. One night, the Keenes heard Anthony groan in pain. They rushed him to an emergency room. Anthony was hooked up to a machine to control his breathing.

Social workers set up a care plan for Anthony and his family. “That hospital trip was a real wakeup call for us,” Mrs. Keene said. “I had no idea that Anthony’s weight problem was so serious.” A hospital program helps the Keenes glean advice on how Anthony can successfully control his weight.

Source: “Pro/Con: Does obesity qualify as child abuse,” *LA Times*, August 29, 2011.



Day One

// one minute

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Part 2: First timed read

WPM _____

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In some states, children have been taken from their homes when their weight gain got out of hand.	61
A third grader in Ohio was put in foster care after his weight ballooned to 200 pounds.	79
Dr. Norman Fost told <i>The LA Times</i> that this should only be a last resort. “You try everything else first.”	96
Clinics can help families limit sugary drinks and junk food and get children moving.	111
The Ohio boy was placed in foster care for six months and then returned to his family.	127
He had lost more than 50 pounds.	138

Mr. and Mrs. Keene nearly had their son Anthony taken from them. At age 5, Anthony weighed 140 pounds.	154
He was so heavy he often had to strain to breathe. One night, the Keenes heard Anthony groan in pain.	171
They rushed him to an emergency room. Anthony was hooked up to a machine to control his breathing.	185
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Social workers set up a care plan for Anthony and his family. “That hospital trip was a real wakeup call for us,” Mrs. Keene said.	212
“I had no idea that Anthony’s weight problem was so serious.”	228
A hospital program helps the Keenes glean advice on how Anthony can successfully control his weight.	243
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Part 3: Comprehension and discussion

Why did the Keene family rush to the emergency room?

What are some serious health problems caused by being obese?

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Who's to Blame?

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 children are seriously obese, / is their home to blame? // As American children get heavier, / this is a question some doctors are asking. // Children are obese / if they are 50 percent above their recommended weight. // Blood sugar, / lung, / and heart problems can shorten their lives. //

In some states, / children have been taken from their homes / when their weight gain got out of hand. // A third grader in Ohio / was put in foster care / after his weight ballooned to 200 pounds. // Dr. Norman Fost told *The LA Times* / that this should only be a last resort. // “You try everything else first.” // Clinics can help families limit sugary drinks and junk food / and get children moving. // The Ohio boy was placed in foster care for six months / and then returned to his family. // He had lost more than 50 pounds. //

Mr. and Mrs. Keene nearly had their son Anthony / taken from them. // At age 5, / Anthony weighed 140 pounds. // He was so heavy he often had to strain to breathe. // One night, / the Keenes heard Anthony groan in pain. // They rushed him to an emergency room. // Anthony was hooked up to a machine / to control his breathing. //

Social workers set up a care plan for Anthony / and his family. // “That hospital trip was a real wakeup call for us,” / Mrs. Keene said. // “I had no idea that Anthony’s weight problem / was so serious.” // A hospital program helps the Keenes glean advice / on how Anthony can successfully control his weight. //

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