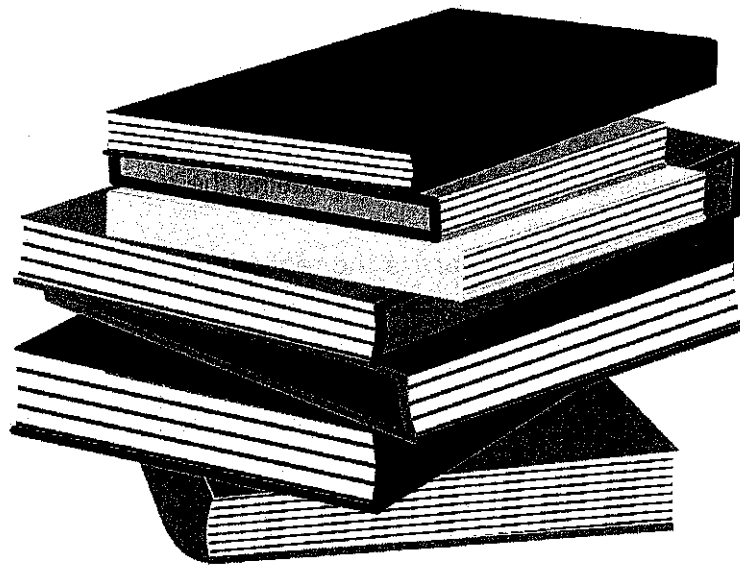


SREB
College Essentials Literacy
Instructional Packet
Mrs. White



I miss you!

Suggested: Week 1

1. Read / Annotate your text.
2. What is Grace Hauck's purpose for composing and publishing this text? (Paraphrase)
3. Compose a paragraph in which you compare and contrast some of the popular myths mentioned in Grace Hauck's article. (Cited Evidence)

Annotations and responses may be completed in this document OR on notebook paper.

Coronavirus Myths, Debunked: A Cattle Vaccine, Bioweapons and a \$3,000 Test Source: Grace Hauck, USA Today, March 6, 2020

We've all heard some outlandish rumors about the new coronavirus. Fake stories circulated on WhatsApp have falsely stated that the virus has killed millions of people worldwide. Social media posts have claimed that drinking garlic water cures the deadly disease. Conspiracy theories that the virus is a bioweapon engineered in a Chinese lab have been voiced by TV pundits and even an American lawmaker. There's a lot of misinformation out there, and it's transmitting faster than the virus itself. We're setting the record straight.

A cattle virus we've known about for years is the real cause of coronavirus

Absolutely not. Users on Facebook are spreading a photo of a vaccine used on cattle to falsely imply that the new coronavirus infecting humans globally has been known about "for years." That suggestion is false. When we say "the coronavirus," we're referring to a new strain of virus that emerged from a family of coronaviruses. Coronaviruses can infect animals and people, and we've known about other coronaviruses for years. The novel coronavirus, which causes the COVID-19 disease, was first publicly reported in late 2019. The vaccine pictured is used to combat bovine coronavirus, which is a virus that infects cattle. ScourGuard 4K is a vaccine for "pregnant cows and heifers" to help prevent diarrhea in their calves. The bovine coronavirus did not cause the current outbreak in humans.

The coronavirus will be gone by April

We've received many questions from you about whether the virus will be gone by spring as the weather gets warmer, but health officials say that's "premature" thinking. In a press briefing last month, Nancy Messonnier, director of the CDC's National Center for Immunization and Respiratory Diseases, cast doubt on this rumor. "I'm happy to hope that it goes down as the weather warms up, but I think it's premature to assume that, and we're certainly not using that to sit back and expect it to go away," Messonnier said. Like the common cold and flu, COVID-19 spreads through respiratory droplets, and most viral respiratory diseases have seasons. They spread more during the colder months, but you can still get sick from them during the warmer months, too. Coronavirus live updates: Churches react with new Communion rules Kids seem less likely to get coronavirus, but doctors aren't so sure Trump defends coronavirus effort in first town hall

The coronavirus comes from Corona beer

Funny, but no. In January, the alcoholic beverage from Mexico showed a surge in Google searches, along with the term "corona beer virus" and "beer virus." In the United States, Google Trends calculated that 57% of the people that searched one of those terms searched for "beer virus," and the remaining 43% searched for "corona beer virus." States like Hawaii, New Mexico and Kansas searched "beer virus" more, whereas states like South Carolina, Colorado and Arizona searched "corona beer virus" more.

The virus escaped from a Chinese lab

Once again, no, the new coronavirus is not a bioweapon engineered by scientists in China. Early last month, bloggers began to circulate a theory on social media and other websites that the virus was man-made. Health officials debunked the claim, but Sen. Tom Cotton, R-Ark., repeated the theory at least three times on Fox News. Right wing media outlets defended Cotton's comments. Scientists are still researching how COVID-19 emerged but say it is not man-made. The first infection, reported in December 2019, was linked to a market in Wuhan, China. It's still unclear how transmission unfolded, but there are several theories. Some researchers believe that someone bought contaminated meat at the market, ate it, got sick and infected others. Others say the virus originated in bats, spread to an intermediary animal and then to humans.

A coronavirus test costs \$3,000

Nope. Actually, it's free. A claim that it costs patients in the U.S. more than \$3,000 to test for COVID19 originated on Twitter, where it amassed more than 250,000 likes and retweets. It became a meme that spread on Facebook. In actuality, the U.S. Food and Drug Administration has authorized the use of two tests – one from the Centers for Disease Control and Prevention and one from the New York State Department of Public Health – and neither agency charges patients for the test.

You should start wearing a face mask

No, you should only wear a face mask if you are sick or if a doctor recommends it, according to the CDC. The best way to prevent infection is to wash your hands for at least 20 seconds with soap and water, avoid close contact with people who are sick, cover your cough or sneeze, clean and disinfect frequently touched objects and surfaces, and avoid touching your eyes, nose and mouth.

Lysol 'knew' of the virus before the outbreak happened

Yes, Lysol products have labels that say they disinfect against "human coronavirus." But those labels aren't referring to the new coronavirus, in particular. The labels are referring to coronavirus, in general, which is a broader family of viruses. The COVID19 virus is one of many in that family. Certain Lysol products have demonstrated effectiveness against coronaviruses on hard, non-porous surfaces, according to the company's website.

Pope Francis has the coronavirus

A story circulating on social media falsely claims that the Vatican has confirmed that the pope and two of his aides tested positive for the virus. Several Italian news outlets also reported that the Pope was tested for the virus. The Vatican has not verified any of these claims, nor has it disclosed whether or not the pope was tested for the coronavirus. Vatican spokesman Matteo Bruni issued a statement saying, "The cold the Holy Father was diagnosed with recently is running its course, with no symptoms related to other pathologies."

The CDC recommends shaving beards to protect against the virus

Social media users sharing a CDC infographic showing various styles of facial hair have suggested that the agency is instructing people to shave beards and mustaches to prevent the coronavirus. To beard or not to beard? The infographic actually has nothing to do with the new virus. The CDC's National Institute for Occupational Safety and Health first published the image in 2017 to show workers what types of facial hairstyles work with a tight-sealing respirator. Facial hair that lies along the sealing area of a respirator, such as beards, sideburns or some mustaches, interferes with respirators that rely on a tight facepiece seal to achieve maximum protection, according to the CDC.

The flu vaccine prevents coronavirus

While you should definitely get your flu vaccine, it won't protect you from the new coronavirus. Instead, take the common sense health precautions outlined above. Why get the flu vaccine? In the U.S., influenza has caused 12,000 to 61,000 deaths annually since 2010, according to the CDC. So far this season, there have been at least 32 million flu illnesses, 310,000 hospitalizations and 18,000 deaths from flu.

African Americans can't get the coronavirus

Rumors about African Americans having a special immunity or resistance to COVID-19 have circulated on social media, and they can be traced to misleading online accounts of the recovery of a young black man from Cameroon who got the virus while studying in China. The debunked claim even turned up on "Saturday Night Live" when cast member Chris Redd repeated it at the end of his "Weekend Update" segment. After finishing a comedy bit about COVID-19 stealing the spotlight from Black History Month, Redd yelled over the applause, "Black people can't get the coronavirus!" The CDC rejects this rumor in no uncertain terms. "Diseases can make anyone sick regardless of their race or ethnicity," the CDC writes on its website. "People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19."

Suggested: Day 1

Scientific Claims

DIRECTIONS: Read the Detox Drinks article and answer the questions below.

Savvy Reader: Detox Drinks

Caroline Stacey

The Independent (London) January 3, 2004

So you thought water was just a drink? Think again. It's a lifestyle choice. We can all safely drink our litre or more a day straight from the tap. But where's the cachet or the profit in that? It's almost as free as air. And wonderful and hydrating though tap water is, the latest bottled waters offer so much more—to make you sportier, healthier, and less hungover.

With Oxygizer you pay for air and water together. It's oxygenated, but not fizzy. Bottled in the Tyrolean mountains by a company based in Innsbruck, Austria, it describes itself as "a sip of fresh air." Already big in the Middle East—where water's a more precious commodity than it is here—it has been launched in Europe and now in the UK.

Oxygizer doesn't just slake a thirst, it provides the body with extra oxygen too. A litre contains 150 mg of oxygen, around 25 times more than what's in a litre of tap water. This apparently helps remove toxins and ensures a stronger immune system, as well as assisting the respiratory system so you recover better from exercise. Some claim detox benefits, it helps hangovers, and even enhances flavours to make food taste better.

- 1. List the claims made by this article.**

- 2. Is there enough information presented in this article to back up the claims made?**

- 3. Use the appropriate questions in the checklist provided in Chapter 1, Table 1.2, to evaluate this newspaper article. What types of information are missing from this article?**

- 4. Is any data presented to substantiate the claim that oxygenated water improves health?**

- 5. Overall, is this article a reliable source for information? Why or why not?**

Suggested: Day 4 and Day 5

DIRECTIONS: Read the Five Hour Energy article and answer the questions below.

Is the Five-Hour Energy Drink Bad for You?

By Lucinda Honeycutt, January 7, 2020

Everyone who relies on energy drinks to make it through their day may not have an issue with 5-Hour Energy side effects. But, for certain people, they can be dangerous. What Is 5-Hour Energy?

5-Hour Energy is a brand of energy "shots" that work as an energy drink. Unlike many products on the market, this one is positioned as a supplement. Supplements are regulated by the Food and Drug Administration as food, not drugs.

According to the official 5-Hour Energy website, the regular strength ingredients include:

- Vitamins B6, B12 and B3 (Niacin)
- Energy blend: Citicoline, tyrosine, phenylalanine, taurine, malic acid, glucuronolactone and caffeine
- Choline
- Sodium
- Potassium
- Sucralose

A single 1.93 fluid ounce serving contains 30 milligrams of niacin, which is 188 percent of the daily recommended value. It also contains 40 milligrams of vitamin B6, which is 2,353 percent of the daily recommended value. When it comes to vitamin B12, it contains 500 micrograms accounting for 20,833 percent of the daily recommended value. It contains 200 milligrams of caffeine, which is comparable to a cup of coffee. Directions for use indicate that you should not drink more than two shots per day, consumed several hours apart. If you opt to drink half the bottle, use or discard the remainder within three days of opening. Refrigeration is not required.

5-Hour Energy Side Effects

Caffeine is a stimulant, so it's important to limit consumption from other sources if you use these energy shots. 5-Hour Energy side effects are worse for those who use the energy shots alongside other products that contain caffeine. 5-Hour Energy side effects include:

- Nervousness
- Sleeplessness
- Rapid heartbeat
- Niacin flush

These side effects are similar to what you'd experience with other energy drinks because of the high vitamin and caffeine content.

A small-scale June 2014 study with 14 subjects published in the Journal of Caffeine Research revealed that consuming one energy shot only results in a modest benefit to the subjective state, or being aware of yourself and your surroundings. The energy shot didn't alter objective performance, which worsened over time. Consuming the energy shot increased both systolic and diastolic blood pressure.

An April 2017 study published in the Journal of Strength and Conditioning Research showed that 5-Hour Energy consumption increased blood pressure rather significantly at 30 and 60 minutes after consumption. At the 30 minute mark, it had also significantly increased heart rate. However, Monster energy drink had a stronger effect on both than 5-Hour Energy.

5-Hour Energy Alternatives

If you'd rather use something healthier than 5-Hour Energy, there are a few healthy energy drinks you can rely on. The active ingredient in the energy shots, regardless of flavor or strength, is the B vitamins. Rather than dealing with the synthetic vitamins that are often part of the drink, you can get an even better effect with natural ones from fruits and vegetables made into a green juice.

According to the Harvard T.H. Chan School of Public Health, vitamins B6 and B12 may indirectly boost cognitive function by lowering levels of homocysteine. High levels of the homocysteine protein have been linked to cognitive decline and dementia.

More research is necessary to determine that supplementation can slow cognitive decline. You can find B6 in dark leafy greens, oranges, bananas and papayas. You can find B12 in eggs, red meat, fish, poultry and dairy.

The Mayo Clinic says niacin is a B vitamin your body makes and uses to turn food into energy. You can also get it from milk, meat and cereal grains. Most people get enough from their diet and don't need any kind of supplementation, though it's often a part of multivitamins.

1. What claims are being made in Lucinda Honeycutt's article?

2. Is there enough information presented in this article to back up the claims made?

3. List the information available to back up the claims made:

4. What was Lucinda Honeycutt's purpose for composing and publishing her article?

5. Discuss the comparisons made between 5 Hour Energy and other energy drinks in Lucinda Honeycutt's article.

6. Overall, is this article a reliable source for information? Why or why not?

Suggested: Week 2

1. Read / Annotate your text.
2. **Opinion Paragraph:** Do you believe social distancing is crucial in the United States today?
3. **Text-Based Paragraph:** What are two of the most important social distancing “dos” discussed in Tiffany’s article? Why are these of utmost importance? (**Cited Evidence**)

Annotations and responses may be completed in this document OR on notebook paper.

The Dos and Don’ts of ‘Social Distancing’

Experts weigh in on whether you should cancel your dates, dinner parties, and gym sessions.

Source: Kaitlyn Tiffany, The Atlantic, March 12, 2020

The Centers for Disease Control and Prevention has issued guidelines for “community mitigation strategies” to limit the spread of COVID-19, the disease caused by the coronavirus, which include recommendations for “social distancing”—a term that epidemiologists are using to refer to a conscious effort to reduce close contact between people and hopefully stymie community transmission of the virus.

But what exactly does “social distancing” look like for a woman trying to go about her life while staying healthy and helping keep the people around her healthy? Even detailed instructions are difficult to sift for actionable advice. If I have a fourth date tonight, do I go? If I’m invited to a wedding in two weeks in another state, is it too late to cancel? If we’re on lockdown, and I live alone, can I walk to my friend’s apartment when I feel sad? If I end up officially quarantined, can I walk around the park at night for some fresh air?

The CDC guidelines acknowledge factors like the size of a community, its population density, its access to health care, and caveats that social-distancing measures can “be scaled up or down depending on the evolving local situation.” There are conflicting messages coming from media and people’s peers: On Reddit, young people are signing a “self-quarantine manifesto” while, at a press conference, the mayor of New York City is telling people to continue visiting bars and restaurants as normal, to protect the local economy.

So I took my personal questions to a series of public-health experts. “I think it’s a hard time because many of the recommendations we’re making are about increasing the distance between people, but of course, being close to people is what makes life a pleasure,” Carolyn Cannuscio, the director of research at the Center for Public Health Initiatives at the University of Pennsylvania said in a phone call. “So this is going to be a very difficult time. No question.”

If you’re confused about what to do right now, you’re not alone—even these experts occasionally disagreed on the answers to my questions. Where there were discrepancies, I’ve included all the different answers as fully as possible. This guide is aimed toward those who are symptom-free and not part of an at-risk group, with an addendum at the end for those in quarantine. If you are symptom-free but are over 60 years old; have asthma, heart disease, or diabetes; or are otherwise at risk, experts recommend defaulting to the most conservative response to each of these questions.

There is a general consensus that while young and healthy people who are at lower risk for personally suffering severe illness from the coronavirus don't have to be locking themselves in their homes for the next month, they do need to dramatically alter their daily lives, starting now.

If I'm Symptom-Free:

Should I be avoiding bars and restaurants?

Cannuscio: People should avoid gathering in public places. People should be at home as much as possible. The measures that have worked to get transmission under control or at least to bend the curve, in China and South Korea, have been extreme measures to increase social distancing.

Crystal Watson, a senior scholar at the Johns Hopkins Center for Health Security:

It depends on local context. If we're in a situation where the disease has been shown to be spreading widely, I think people will start to want to stay home and not go out into crowded settings.

Albert Ko, the chair of the epidemiology department at the Yale School of Public Health:

If you go to a crowded bar where you're up one against another, that's a lot different from going to a bar where you're spread out. The CDC recommendations are to keep six to 10 feet away from other people. Bottom line, there's no absolute indication not to go to bars and restaurants, but in practicing good public health—which is kind of a responsibility for everybody in the country—really think about how we can decrease those close contacts.

Can I have a small group of friends over to my house for a dinner party or a board-game night?

Watson: I think small gatherings are probably okay as long as nobody has symptoms, respiratory symptoms. As soon as someone seems sick, you should probably not get together.

Ko: We're in a gray zone now. The public-health imperative is to create social distance; that's the only way we're going to stop this. Think about having those get-togethers but practicing good public health: not sitting very close, trying to keep distance. Wash your hands; avoid touching your face. There are places on the board game that people are constantly touching—routinely disinfect [those, as well as] doorknobs, the bathroom faucets, those types of things. There's no absolute rule about what works, but what we do know is that decreasing the size of those gatherings, increasing the distance, practicing good hygiene will go a long way.

Cannuscio: I would recommend that people minimize social contact, and that means limiting all social engagements. That includes intimate gatherings among friends. I think the exception is if two households are in strict agreement that they are also going to reduce all outside contact and then those two households socialize together, to support one another. I can see social and mental health advantages to that kind of approach.

Should I stop dating?

Ko: Dating is usually one person and another person. What we're really worried about in terms of public health are these large gatherings where you have people crowded together, and you can have what we call super-spreading events. The risk of those goes up exponentially the larger the size of the gathering. Dating is at the other end. I think you can still date.

Watson: I think dating is okay, if you believe with reasonable confidence that you're both well. I think we're humans and we need human interaction; I think that's important for our sanity. It's important to focus on [avoiding] large crowds and indoor activities where you have lots of people touching the same surfaces.

Cannuscio: It is a time to be very cautious about initiating contact with new people. This seems like a great time to get creative with your text messages. [Or] take it to FaceTime or a phone call.

Can I go to the gym?

Ko: If you do go to the gym, again, maintain distances. Disinfect places in the gym people are always touching. Wash your hands regularly. Much of the transmission is person to person with people coughing, sneezing, or touching their nose and mouth and touching somebody else. You can get transmission on surfaces; that's probably a little bit lower-risk, but we still should disinfect surfaces that we touch.

Cannuscio: If you're going to go to the gym, try to go at a time when there are very few people there and definitely wipe down the equipment. However, as the weather warms in many parts of the United States, I would instead recommend that people go outside for walks or runs or bike rides in areas where there are not other people. This is really about depriving the virus the opportunity to move from one person to another.

Should I be worried about going to the grocery store?

Cannuscio: I would say try to shop at times when there are very few other shoppers there. That [could mean] going first thing in the morning when the store opens, or late at night. I think many people will rely on delivery, and that's just the nature of our lives right now. For delivery workers, I would say, leave the food on the doorstep and ring the bell, rather than interacting face-to-face with the person who's ordered the food.

Should my family be canceling events like birthday parties AND weddings?

Watson: It's hard to ask everyone if they're feeling sick and harder to know what their exposures have been. I would take a look at who is invited to the party. Are there people who are very vulnerable? Older people, people who have underlying health conditions, pregnant women? If that's the case, I would err on the side of caution. I don't want to tell somebody to cancel their wedding. That would be terrible. But I think you have to look at the situation, maybe ask guests who are feeling ill not to come. If it's being held in a community where there's widespread disease, then it might be worth [reconsidering the event].

Ko: If those events can be postponed, I think that's certainly productive. If a wedding can't be postponed, there are things you can do. Hold it in an open space, where people are spread apart. You have to be really careful about exposures and really practice social distancing from the elderly.

Cannuscio: One of the best ways we can show love to the people we care about is to step back and to stay away. In many cases that takes courage, and it takes speaking out over these social norms that dictate that we should be polite and we should be together and we should celebrate and gather. Really seriously consider whether now is a joyful time to gather family members for a wedding celebration.

Should I be canceling haircuts and other nonessential appointments?

Watson: Those are more one-on-one interactions. I think there's a lower likelihood that exposure is going to occur that way. I don't think that's a big concern.

Cannuscio: I would say hold off on your haircut and then when you go back, when it's clear that we have vanquished this foe, everybody please give your hairdresser extra, extra tips. I hope that policies will be put into place to protect the paychecks of people who will suffer during this Period.

If I Get Symptoms or Am Exposed to Someone Who's Sick:

If I am waiting out a 14-day quarantine, can I have visitors as long as they stand far away from me?

Cannuscio: No, quarantine means "stay away from other people." You shouldn't have visitors.

Ko: Under quarantine, people really shouldn't enter the home or be in the same physical space.

Can I walk around outside at all when I'm under quarantine?

Cannuscio: For people who live in areas that are not densely populated, walking around in their yard is probably safe. The idea is that they should not come into contact with any other people. They need to be strict about it. We are not going to defeat this and halt transmission if people loosely interpret what it means to self-quarantine or self-isolate.

Suggested: Day 6 and Day 7

DIRECTIONS: Read the article and answer the questions below.

Teens, iced vanilla latte might taste good but it could lead to problems

By Casey Seidenberg, Washington Post on 10.24.18

This article is for all of the teenagers out there. Society regularly expects you to adult, even though developmentally you are years from being fully grown. Yes, you are mature in many ways: You can break down the paradoxes in "Beowulf," many of you drive and do so quite safely, you handle schedules that would overwhelm many adults. Yet your bodies are still growing, and your brains are still fine-tuning their neural connections. Because of this, you probably cannot process caffeine as seamlessly as your parents can.

This must be news to all of you because adolescents are among the fastest-growing consumers of caffeine. I understand an iced vanilla latte tastes like dessert, a caffeinated drink is as accessible as a bottle of water, and it feels grown-up to be toting a Starbucks cup. But all of this caffeine may be amplifying your anxiety, compromising tonight's sleep, tanking tomorrow's school performance, inhibiting nutrient absorption, dehydrating your cells, and when mixed with alcohol, causing real trouble.

Let's look at the evidence.

The Power Of Caffeine

Caffeine is widely considered a drug, a chemical that changes brain function and affects mood, cognition or behavior. It may be a drug that is socially acceptable, universally used, even cool, but it still causes withdrawal symptoms such as headaches, fatigue and a lack of attention when removed from the diet.

How Much Is Healthy?

Caffeine is not a nutrient; you do not need it to be healthy. In fact, it can leave you lacking nutrients because it has been shown to inhibit calcium. Caffeine is also a diuretic, so it causes the body to release water – and the more caffeinated drinks you consume, the less likely you are to drink water.

The American Academy of Pediatrics says that adolescents should consume no more than 100 mg of caffeine a day (less than the amount found in a Starbucks grande latte). It also takes the position that "stimulant-containing energy drinks have no place in the diets of children or adolescents." The Institute of Medicine [now called the National Academy of Medicine] does not support selling caffeinated products to school-age children.

Caffeine's Drawbacks

According to the Centers for Disease Control and Prevention, almost 60 percent of middle schoolers and more than 70 percent of high-schoolers do not get enough sleep on school nights. Some of their sleep problems can be attributed to caffeine, which can remain in the body for seven hours after consumption and blocks the neurochemical that triggers sleepiness from doing its job. Teens who lack sleep perform worse the next day.

Sleep is important for teens in other ways. Adequate sleep contributes to proper growth and brain development. During childhood and adolescence, the brain goes through a period called synaptic pruning when unnecessary connections are consolidated; this consolidation mostly happens during sleep. Also, most of an adolescent's growth hormone is secreted during sleep.

Caffeine has also been shown to increase heart rate, cortisol, blood pressure and anxiety, and to decrease impulse control. After an initial morning rush of caffeine, you may find yourself lagging through class because your body is craving more.

Taste preferences and eating habits are often cemented in childhood and adolescence, so teens, when you consume sweet, caffeinated drinks such as sodas and lattes every time you feel sluggish, you are creating a pattern that may be hard to break as an adult.

Caffeine Labeling

It is difficult to determine how much caffeine is in some products as caffeine does not have to be listed on the Nutrition Facts panel on food labels because it is not a nutrient. It may be listed as an ingredient, but the amount is not required.

Caffeine is now added to foods such as gum, mints, candy and water, along with makeup and beauty products that promise to reduce swelling and cellulite.

There are alternative ways to boost energy that may not taste as sweet as that frappuccino but are measurably healthier. Eat a diet of whole foods that is high in complex carbohydrates, healthy fats and B vitamins. Get regular exercise, drink lots of water and get at least nine hours of sleep every night. If you do all of these things, you might actually master "adulting" better than many adults.

Caffeine In Popular Drinks

The amount of caffeine in some of these drinks might surprise you: Dunkin' Donuts iced coffee (medium, 24-ounce, 297 mg), Starbucks Pike Place Roast (small, 12-ounce, 235 mg), 5-hour energy shot (200 mg), Starbucks iced coffee (medium, Grande, 16-ounce, 165 mg), Monster energy drink (16-ounce, 160 mg), McDonald's iced latte (medium, 16-ounce, 142 mg), Mountain Dew (12-ounce, 54 mg), Snapple iced tea (16-ounce, 42 mg), Pepsi (12-ounce, 39 mg), Coca-Cola (12-ounce, 34 mg).

Casey Seidenberg is a co-founder of Nourish Schools, a nutrition education company. She is also the co-author of "Super Food Cards," which is a book of cards with healthy recipes and advice.

Quiz

1 The author appeals to the reader's sense of logic by:

- (A) describing what makes caffeinated beverages appealing to teenagers, pointing out other ways in which teens are treated like adults and using this information to prove why caffeine consumption is increasing
- (B) describing the biological differences between teens and adults, arguing that these differences allow caffeine to have significant negative effects and citing expert opinions about the dangers of teenage caffeine use
- (C) describing the caffeine content of popular beverages, and then arguing that laws should not allow companies to add caffeine to their products without disclosing how much caffeine a given beverage contains
- (D) describing how much sleep the body needs at different stages in life and how lack of sleep affects human health, and then relating several stories of teens who are struggling with caffeine addiction

2 Why did the author write this article? How does the author use logic to show her purpose?

- (A) to persuade teens to avoid caffeine until adulthood. She highlights the problems caffeine can cause in the body and how those problems influence the lives of teenagers.
- (B) to inform parents about the dangers of childhood caffeine consumption. She cites statistics about how caffeine affects calcium absorption in the teenage body.
- (C) to persuade companies to disclose the amount of caffeine in their products. She highlights how teenagers are tricked into drinking caffeine by clever advertising.
- (D) to inform teens about the amount of caffeine that is safe for growing bodies. She shares the story of a teenager whose life was negatively affected by caffeine addiction.

3 Read the following claim from the section "Caffeine's Drawbacks."

Some of their sleep problems can be attributed to caffeine, which can remain in the body for seven hours after consumption and blocks the neurochemical that triggers sleepiness from doing its job.

Adding which of the following pieces of evidence would BEST support the above claim?

- (A) a list of different factors that cause teens to struggle to fall asleep at a reasonable hour
- (B) a personal account of how teenage caffeine consumption influenced the author's sleep patterns
- (C) an anecdote from a teenager who caught up on schoolwork because she was energized by caffeine
- (D) a scientific study comparing sleep patterns of teens who use caffeine and those who abstain from caffeine

4 In the section "Caffeine In Popular Drinks," how does the author's description of the amount of caffeine in popular beverages support her argument?

- (A) It shows that caffeine is added to many more products than consumers are aware of.
- (B) It describes how the caffeine content in beverages has steadily increased over time.
- (C) It demonstrates how many beverages contain more caffeine than doctors recommend for teenagers.
- (D) It identifies which caffeinated beverages are safe for teenagers to drink and which ones to avoid.

Suggested: Day 8 and Day 9

DIRECTIONS: Read the article and answer the questions below.

Teens drink a lot of sports drinks, which aren't much better than soda Are kids drinking too many sports drinks, like Gatorade?

By Philly.com, adapted by Newsela staff on 05.21.18

The push by public health leaders to cut back on sugar-sweetened sodas may have had an unintended consequence. Teens are drinking more sugar-sweetened sports drinks.

Drinks are shown in advertisements being consumed by impossibly fit athletes. Named for fruits like mango, kiwi and blackberry, they are heavily marketed to teens. The packaging and ads make them look like a healthy alternative to sugary sodas, widely blamed for contributing to obesity, diabetes, tooth decay and other ills.

Now, researchers at Harvard University in Massachusetts have found a small but significant increase in the weekly consumption of high-carbohydrate sports drinks among teens. The study, which appeared Monday, May 7, in the journal *Pediatrics*, analyzed national data. It used information from the 2010 National Youth Physical Activity and Nutrition Survey and the 2015 Youth Risk and Behavior Survey.

The researchers focused on teens because they're more likely than younger kids to buy their own beverages. In 2015, more than 57 percent of the more than 22,000 high school students surveyed reported having at least one sports drink in the prior week. That was up just slightly from 56 percent in 2010.

Soda Numbers Are Down

Conversely, between 2007 and 2015, there has been a 7.6 percent drop in the number of youths reporting they drank a soda in the prior week. The data comes from the Centers for Disease Control and Prevention Youth Risk Behavior Surveillance System.

The Harvard study also found that 31 percent of teens consumed between one and three sports drinks in the previous week. About 12 percent reported having four to six such drinks.

Teens who played on one or more sports teams were likely to consume one or more sports drinks each day.

So were teens who watched more than two hours of television. Researchers said it was a "worrisome reflection of the association between TV viewing, commercial advertisements and obesity."

Boys were more likely than girls to guzzle the drinks, and Hispanic and black children consumed more sports drinks than white children, researchers found.

Sports Drinks Are Unnecessary

For Kids However, experts in nutrition warn that the average child doesn't need a sports drink that is loaded with electrolytes and carbohydrates, flavors and sweeteners. This certainly applies to one parked in front of a TV, they warn. "The better option is water or unsweetened beverages," said Nyree Dardarian, a dietitian and director of the Center for Integrated Nutrition and Performance at Drexel University in Philadelphia, Pennsylvania. There is no purpose to consuming all of the carbohydrates in sports drinks unless you are competing in a high-intensity game, not at a high school soccer or softball practice, she said.

A 20-ounce bottle of orange Gatorade has a hefty 34 grams of sugar, 36 grams of carbs and 140 calories. Consume two or more sports drinks each week and over a year it can translate into extra pounds, said Dardarian. "Don't drink your calories," she said. A more positive message would be to eat the calories. Water and an orange would provide 100 percent of the recommended dietary allowance for vitamin C for kids ages 4 to 18, plus fiber, she said.

Healthier options for kids include flavoring water by squeezing fresh fruit into it, she said. They also can add a splash of fruit juice or drink flavored seltzer water, she said.

Water Is Best

There are occasions where having a sports drink is appropriate, Dardarian said. A cyclist planning a 100-mile ride or a kid in a daylong soccer tournament might want to use sports drinks to stay hydrated. "If the child is only playing 20 minutes or rotating into the game, they just need water," Dardarian said.

Overall, Americans have consumed fewer calories from sugary drinks in recent years.

Some cities have placed taxes on sweetened beverages as a way of discouraging people from buying them. Since the start of Philadelphia's tax on sweetened beverages, Philadelphians are 64 percent less likely to gulp down a sports drink, researchers at the Dornsife School of Public Health at Drexel University concluded in April.

Quiz

1 How does the article develop the idea that teens' consumption of sports drinks has increased recently?

- (A) by explaining what caused teens to stop drinking soda and why they prefer sports drinks such as Gatorade to sodas like Pepsi and Coke
- (B) by connecting higher rates of teens drinking sports drinks with the increased athletic opportunities available to them
- (C) by describing the beverage tax implemented in many cities and explaining how teens reacted to the price increase
- (D) by comparing data collected from different surveys and detailing which different teen groups are more likely to drink sports drinks

2 What role does TV play in promoting the consumption of sports drinks?

- (A) Public health leaders use local programming to promote sports drinks in place of sugary sodas.
- (B) Televised sports events often show professional athletes drinking sports drinks.
- (C) Ads feature fit athletes drinking sports drinks in an attempt to make them look healthy.
- (D) Many popular shows depict characters drinking sports drinks while they are on screen.

3 The author suggests that the attempts of public health leaders to curb soda sales have led to the increased consumption of sports drinks. Which detail from the article shows that the author acknowledges a limitation to his or her claim?

(A) Named for fruits like mango, kiwi and blackberry, they are heavily marketed to teens. The packaging and ads make them look like a healthy alternative to sugary sodas, widely blamed for contributing to obesity, diabetes, tooth decay and other ills.

(B) There is no purpose to consuming all of the carbohydrates in sports drinks unless you are competing in a high-intensity game, not at a high school soccer or softball practice, she said.

(C) A more positive message would be to eat the calories. Water and an orange would provide 100 percent of the recommended dietary allowance for vitamin C for kids ages 4 to 18, plus fiber, she said.

(D) Since the start of Philadelphia's tax on sweetened beverages, Philadelphians are 64 percent less likely to gulp down a sports drink, researchers at the Dornsife School of Public Health at Drexel University concluded in April.

4 Which detail from the article is the strongest piece of evidence to support the author's claim that kids should not drink sports drinks?

(A) Now, researchers at Harvard University in Massachusetts have found a small but significant increase in the weekly consumption of high-carbohydrate sports drinks among teens.

(B) A 20-ounce bottle of orange Gatorade has a hefty 34 grams of sugar, 36 grams of carbs and 140 calories. Consume two or more sports drinks each week and over a year it can translate into extra pounds, said Dardarian.

(C) Healthier options for kids include flavoring water by squeezing fresh fruit into it, she said. They also can add a splash of fruit juice or drink flavored seltzer water, she said.

(D) There are occasions where having a sports drink is appropriate, Dardarian said. A cyclist planning a 100-mile ride or a kid in a daylong soccer tournament might want to use sports drinks to stay hydrated.

Suggested: Day 10

DIRECTIONS: Reflect and answer the following questions about this unit.

- 1. Of the drinks you have read about, which is the healthiest? Explain.**
- 2. Of the drinks you have read about, which is the least healthy? Explain.**
- 3. In a given day, what do YOU drink?**
- 4. Has this unit changed your thoughts and feelings about what you should drink? Why or why not?**
- 5. Do you think your choice of drink affects your health? Why or why not?**

Videos for Review / Enrichment

Identifying Claims:

<https://www.youtube.com/watch?v=69btpc8Ds0M>

<https://www.youtube.com/watch?v=3diURWgyVWM>

Summary Writing:

<https://www.youtube.com/watch?v=WZFI6dvgOzU>

<https://www.youtube.com/watch?v=Gz8JDJDwRxQ>

Central Idea:

<https://www.youtube.com/watch?v=My0JcnU4Yt8>

Central Idea of Scientific Texts:

<https://www.youtube.com/watch?v=VslfQFrFLr0>

Citing Evidence:

<https://www.youtube.com/watch?v=u9BT-kYKxQ4>

<https://www.youtube.com/watch?v=T5A-mOqB4Pc>

Reading Scientific Texts:

https://www.youtube.com/watch?v=f_AsAuuO8_E

