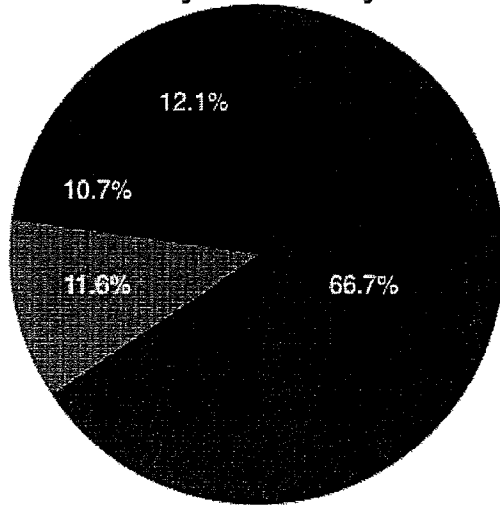
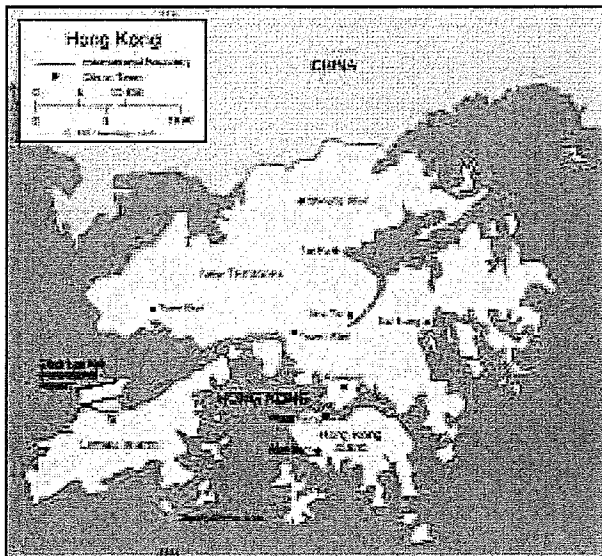


Group Guardians

Percent of Children & Teens Eating Fast Food Any Given Day



- Not eating fast food on any given day
- Getting fewer than 25% of daily calories from fast food
- Getting 25-40% of daily calories from fast food
- Getting more than 40% of daily calories from fast food



Race Makes A Difference

Even weight did not have much to do with a hunger for fast food. Both underweight and normal weight children got 12.2 percent of their daily calories from fast food. Overweight children got 11.6 percent of their calories from fast food. For those who are obese, it was 14.6 percent. Again, those differences were too small to be important.

Group Guardians

Researchers found a big difference. Asian-American children and teens were less likely than their peers to visit a fast-food restaurant. On average, only 8 percent did so on any given day. This can be compared with 11.2 percent of Latinos, 13.1 percent of whites and 13.9 percent of African-Americans.

The researchers speculate that fast food had not caught on as much in Asian-American households. These families were not as integrated into the U.S. lifestyle, including its eating habits. Fully 27.4 percent of Asian children in the United States were born overseas. This can be compared with 19.7 percent of Latino children, 2.5 percent of whites and 1.9 percent of blacks.

Age Also Makes A Difference

The other important difference had to do with age. Overall, children between ages 2 and 11 were much less likely than teens, ages 12 to 19, to eat fast food. On a typical day, 8.7 percent of the younger children ate fast food, compared with 16.9 percent of older children. That pattern was seen regardless of sex, race or ethnicity, weight or family income, the researchers found.

The report was based on information from the CDC's 2011-2012 National Health and Nutrition Examination Survey.

Notes Go Here

Step 1: **Read** the article and highlight in yellow as you read (Minimum of 5):

- Highlighting certain words and phrases that you think are important

Step 2: T4 (Talking to the Text) Read the article for a second time and make notes in the margin (at least 5 Notes in the margin). Notes should include:

- Comments that show that you understand the article. (Summarizing main ideas, making connections to your life/ today's world, identifying new vocabulary, anything that helps you connect with the content of the reading.)
- Questions you have that show what you are wondering about as you read.
- Notes that differentiate between fact and opinion
- Observations about how the writer's strategies (organization, word choice, perspective, support) and choices affect the article.

---Should not be the same type of comment 5 times. Only repeat once if needed

-Notes can begin like:

- "This reminds me of..."
- "I agree with... because"
- "I disagree with... because"
- "I like..."
- "I think that..."
- "I feel..."
- "I wonder..."

Step 3: **A final quick read** noting anything you may have missed during the first two reads.

Your margin notes are part of your score for this assessment

Step 4: **Word, Phrase, Sentence:**

Highlight one word out of the entire article that sums up the main idea. Highlight one phrase out of the entire article that relates to the main idea. Highlight one complete sentence that details the main idea of the entire article. Once you have highlighted them, add a note for each that gives an explanation as to why you chose each one.