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## Session 2: Research to Build Knowledge Directions

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In this session, you will read a set of resources about a given topic and answer questions to show your understanding of the resources.

- Write your answers for questions 1 through 9 in the spaces provided on the answer sheet.
- When you are finished, you may check your work in this session but do not work on any other part of the test.

### Notes to Teacher:

- Though the actual test is not timed, the suggested time to complete this session is 40 minutes.

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**Directions:** Carefully read the resources provided, and use them to answer the questions on pages 19 through 22.

**Research Topic:** Healthy Living

Suppose you want to find out more about healthy living. Five different sources of information about healthy living are contained in this test. The information sources and the page numbers where you can find them are listed below.

1. Article from the Magazine *Healthy Teens*  
"What Makes a Healthy Teen?" (page 12)

2. Article from the Magazine *Fitness and You*  
"Nutrition Dos and Don'ts" (page 13)

3. Page from the Web Site [LabelsforLiving.com](http://LabelsforLiving.com)  
Reading Food Labels (page 14)

4. Excerpt from the Book *Vitamins and Minerals for Today's Teens*  
"Necessary Nutrients" Chart (page 15)

5. Page from the Web Site [healthandteens.com](http://healthandteens.com)  
"Teens and Sleep" (pages 16 and 17)

**Note:** Model parenthetical citations for different types of sources are on page 18.

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1. Article from the Magazine *Healthy Teens*  
“What Makes a Healthy Teen?”

### What Makes a Healthy Teen?

If you are concerned about being healthy and strong throughout your teenage years, you should be aware of three key health factors: exercise, nutrition, and sleep.

#### Exercise

If you are a student athlete or play a sport outside of school, you are probably getting plenty of the exercise you need to stay healthy. Many teens, however, spend most of their free time engaged in sedentary activities. These activities, such as reading, playing video games, or surfing the Internet, do not involve movement. Your body needs to spend some time each day in active movement, which tones muscles, increases blood circulation, and strengthens your cardiovascular system.

Another problem with sedentary activities is that many teens tend to mindlessly eat junk food while on the computer. In addition, because video games can be so addicting, it is easy to lose track of the time and to stay up late, sacrificing the sleep you need to remain healthy.

#### Nutrition

All human bodies need the right balance of nutrients in order to maintain optimum health. Teens, because of the hormonal changes their bodies are experiencing, need to pay special attention to the kinds of food they eat. But many don't. With their busy schedules, teens are less likely to take the time necessary to prepare fresh food for themselves. It is just more convenient to grab a bag of chips or an “energy bar.”

One way to resist this temptation is to keep fresh fruits and vegetables handy. Cut up a bunch of carrots and celery sticks and store them in cold water in the fridge. Then, when you want a snack, grab a handful of them to eat. Also consider keeping a bowl of fruit near your desk or computer. You're more likely to eat fruits and vegetables if they are within reach.

#### Sleep

Research shows that many teens do not get enough sleep, yet most are unaware of this fact. Because you are young, you may feel you can handle a few nights of little sleep, but it takes a long-term toll on your body. During sleep, your body repairs damaged tissues, removes toxins from cells, and strengthens the immune system. In addition, research suggests sleep allows your brain to process and store memories from your waking hours.

Although there is little information on exactly why the body needs sleep, there is much research that shows the negative effects of failing to get enough sleep. The biggest negative effect for teens seems to be a decrease in mental sharpness and a lack of motivation to engage in thinking activities. These effects are especially harmful to academic performance.

So to stay healthy through your teen years, remember these tips: Get some exercise! Eat healthy foods! Get enough sleep!

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### 2. Article from the Magazine *Fitness and You* “Nutrition Dos and Don’ts”







*Fitness and You*

Volume XX, July 2004

#### Nutrition Dos and Don’ts

By Beth Phillips

So you’re all ready to go shoot hoops with a friend or take a hike by yourself. Chances are you’ve got your shoes laced up and the right clothes for the weather. You’ve obviously considered what goes on the *outside* of your body, but have you shown the same *forethought* with the one thing that will really help you succeed—the fuel for the fire? Simply put, you need to consider what to eat and drink before you get up and go.

-  **DO:** **Eat.** It sounds simple, but it’s important. You wouldn’t get on the school bus if the gas tank were empty. It’s just as foolish to push yourself on an empty stomach. You can’t expect to get up and go without filling up first on necessary nutrients.
-  **DON’T:** **Overdo it.** Common sense will tell you not to eat a gigantic meal before taking a swim, but don’t overdo it on energy bars either. Most contain more calories than you can expect to burn in a short amount of time. Consider creating your own snack, such as trail mix or fruit.
-  **DO:** **Pick carbs.** Carbs, formally known as carbohydrates, break down into sugar to give you energy. For lasting energy, choose complex carbohydrates, which can be found in whole-grain cereal and bread and in fruits and vegetables.
-  **DO:** **Eat carbs with protein.** A carbohydrate/protein combination helps you maintain a good blood sugar level. Peaks and dips in blood sugar result from eating too many sweets and can leave you feeling fatigued. Yogurt and granola or apple chunks dipped in peanut butter are a good choice for a carbohydrate/protein combination.
-  **DON’T:** **Go thirsty!** Drink liquids, preferably plain water, before, during, and after physical exertion. Experts suggest six to eight ounces per glass five to six times per day.
-  **DON’T:** **Bother with sports drinks unless you are going to sweat a lot.** Most sports drinks contain glucose, which your body needs only if you will be perspiring a great deal. You also may end up with too much sodium and potassium by choosing a sports drink when you don’t need one.

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### 3. Page from the Web Site LabelsforLiving.com Reading Food Labels



for *Living.com*

Print this article

Email this article

Nutrition Facts Label



When reading a label, start at the top. The package may look small, but be careful to determine how many servings it contains. Compare the serving size with how much you were planning to eat.

**Limit This!** These items are things you should limit in your diet. The average American diet includes too much fat, cholesterol, and sodium. They are linked to health problems when eaten in greater quantities.

**Eat This!** Dietary fiber is a nutrient that most Americans do not consume enough of each day. Eating foods rich in fiber contributes to improved health and reduced risk of diseases.

#### Nutrition Facts

Serving Size 1 oz (28g/39 pieces)  
Servings per container 16

Amount per serving

**Calories 160** **Calories from fat 120**

% Daily Value\*

**Total Fat 13g** 20%

Saturated Fat 2g 10%

Polyunsaturated Fat 4.5g

Monosaturated Fat 6g

Cholesterol 0g 0%

Sodium 190g 8%

**Total Carbohydrate 6g** 2%

Dietary Fiber 2g 9%

Sugars 1g

**Protein 7g**

Vitamin A 6%

Vitamin C 0%

Calcium 16%

Iron 15%

\*Percentage of daily values is based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories tell you approximately how much energy you get from a serving of food. People who are more active need more calories. People who engage in less physical activity need fewer calories.

These percentages are based on a diet of 2,000 calories per day. Your recommended intake may be above or below this average; it is determined by your gender, height, weight, and level of physical activity.

Nutrients, even fat and sugar, are essential, but some are needed in small quantities. A quick rule of thumb: a % Daily Value of 5% or less is considered low, while 20% or more is considered high.

Confused by the claims a company makes about its products? The **Food and Drug Administration** has written the following guidelines for manufacturers to use when describing food:

**Low fat:**

Three grams or less of fat per serving

**Light:**

One-third fewer calories than the comparison food

**Healthy:**

A food low in fat, saturated fat, cholesterol, and sodium and containing at least 10% of the daily values for Vitamin A, Vitamin C, iron, calcium, protein, or fiber

**Excellent source:**

20% or more of the daily value for a given nutrient per serving

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4. Excerpt from the Book *Vitamins and Minerals for Today's Teens*

### “Necessary Nutrients” Chart

Necessary Nutrients

Which Nutrient?	How Much Do I Need Each Day?	Where Can I Find It?	What Will It Do for Me?
Vitamin A	700–900mcg	Milk, eggs, carrots, liver	Supports the growth of tissue, bones, and teeth
Vitamin C	60mg	Oranges, spinach, tomatoes	Promotes immune system and helps heal wounds
Vitamin D	5mcg	Eggs, fish, fortified milk	Helps sustain bone health
Vitamin E	15mg	Nuts, leafy green vegetables	Helps protect cells from damage
Vitamin B <sub>12</sub>	2–6mcg	Fish, red meat, poultry, milk, cheese	Maintains nervous system and helps make red blood cells
Vitamin B <sub>6</sub>	1.2–2.0mg	Potatoes, bananas, beans, seeds, nuts, red meat	Helps brain and nerve cells function properly
Vitamin B <sub>1</sub> (Thiamine)	1.0–1.5mg	Fortified breads, cereals, and pasta; meat; fish	Supports growth and helps heart, muscles, and nervous system function
Niacin	14–16mg	Red meat, poultry, fish, fortified cereals	Helps cell functioning, nervous system, skin, and digestion
Folic Acid	400mcg	Dried beans, leafy green vegetables, oranges, poultry	Helps production of red blood cells and maintains heart health

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5. Page from the Web Site [healthandteens.com](http://healthandteens.com)  
“Teens and Sleep”

### Teens and Sleep *by Craig Dunlap*

**Question of the day: Should high schools with early start times switch to later start times?**

There are three current issues concerning the health of the nation’s youth: lack of exercise, poor nutrition, and inadequate amounts of sleep. Much is being done to address the first two of these problems. Many schools are creating after-school programs that encourage young people to get more exercise, and the push for schools to remove “junk” food from their vending machines is another idea that is becoming more popular. However, little is being done to address the problem of sleep deprivation for our young people.

Teens today are busy. They juggle school, homework, extracurricular activities, jobs, and socializing. When they run out of time, they borrow it from sleep. But fitting sleep into busy schedules is a challenge—especially when so many high schools start before 8 a.m.

- 3 This is why some people are advocating for later high school start times. Recent research on teens and sleep helps explain an age-old phenomenon: teens tend to go to bed late, and they are difficult to wake up early. While young children generally follow a natural pattern of feeling sleepy around 8 or 9 p.m., the pattern shifts for adolescents, who start feeling sleepy much later. Studies strongly suggest that hormonal changes make falling asleep early a difficult thing to do for adolescents. Studies also point to typical evening activities, particularly on computers, televisions, and cell phones, as forms of stimulation that prevent teens from sleeping.

Add to this the fact that teens need at least nine hours of sleep and what you have in schools that start early are classrooms full of severely sleep-deprived adolescents, according to Rupert Nachtman, a well-known adolescent health researcher and the scientific advisor for *Later Birds Can See More Worms*. Nachtman describes the lack of sleep among teens as a “treacherous epidemic” and he champions later high school start times to help teens get more sleep.

Some people disagree with Nachtman. Maureen Sandormir started a group called *Early to Bed, Early to Rise* to fight a later high school start time being considered in her district. Sandormir said, “I am concerned about schedules that would have young children waiting for buses in the early morning when it may be dark or waiting at home after school without supervision; athletes who would have to leave school early to travel to sports meets; and less time for afterschool activities.”

- 6 When reached for comment, Nachtman pointed to research from high schools that shifted their school start times at least an hour later. One study showed that students had better attendance, were more likely to eat breakfast, made fewer trips to the school nurse, and fell asleep less often in class. Students also reported getting more sleep at night.

“Just look at the research,” Nachtman said. “This is a wake-up call to anyone who cares about the well-being of our teenagers. Sending teenagers to school at 7:30 in the morning is basically sending them to school partway through their sleep cycle. Really, what’s the point?”

Indeed, what *is* the point of trying to teach students who are not yet really awake? High school starting times should be adjusted in order to maximize the potential for students’ academic success.

- 9 Until such changes occur, what can teens do to improve their sleep habits? Here are some suggestions.

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### Tips for Good Sleep Habits

- Dim your lights close to the time you want to sleep, and then turn them off when you go to bed. This helps cue your body to sleeping.
- When you get up, turn your lights on. Again, this will cue your body to wake up.
- Go to bed at the same time every night. Establishing a regular schedule will help you fall asleep more easily.
- If you sleep later on weekends, try to sleep only an hour or two more than your weekday schedule.
- Turn off the media! This includes computers, cell phones, and televisions.
- Sleep in a cool environment—not a warm one.
- Avoid caffeine, which can keep you up at night.



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### Model Parenthetical Citations

The following samples are based on formats from the *MLA (Modern Language Association) Handbook for Writers of Research Papers*. They show acceptable formats for parenthetical citations of both quoted and paraphrased information.

#### Parenthetical Citations for Paraphrased Information

##### A Work by a Single Author

The point of the argument is that quality is more important than quantity (Keller 65–67).

##### A Work with Two or More Authors

The point of the argument is that quality is more important than quantity (Keller and Leer 65–67).

##### Two or More Works by the Same Author with Author's Name in Text

The point of Keller's argument is that quality is more important than quantity (Business Facts 65–67).

##### A Work by an Author Whose Name Is Referenced in the Sentence

Keller draws the conclusion that quantity is less important than quality (65–67).

##### A Work from a Web Site with a Known Author

The point of the argument is that quality is more important than quantity (Doe, screen 1).

#### Parenthetical Citations for Directly Quoted Information

##### A Work by a Single Author

"Quality is more important than quantity" (Keller 65–67).

##### A Work with Two or More Authors

"Quality is more important than quantity" (Keller and Leer 65–67).

##### A Work by an Author Whose Name Is Referenced in the Sentence

According to Keller, "Quality is more important than quantity" (65–67).

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1. How does the author of “What Makes a Healthy Teen?” develop and support the claim that exercise, nutrition, and sleep are the key health factors for teens?
  - A. by explaining how each factor contributes to health and how lack of awareness makes good health difficult to achieve
  - B. by providing examples of the typical behavior of teens in each area and showing ways to improve the behavior
  - C. by citing research studies that have been conducted on each factor and suggesting that more research needs to be done
  - D. by listing details that show how each factor is being ignored by many teens today
  
2. What does the word sedentary mean in the “Exercise” section of “What Makes a Healthy Teen?”
  - A. requiring much sitting
  - B. needing additional sleep
  - C. stimulating the mind
  - D. using repetitive actions
  
3. In “Nutrition Dos and Don’ts,” the meaning of the prefix “fore-” helps the reader understand that “forethought” is thinking that
  - A. happens ahead of time.
  - B. changes frequently.
  - C. involves many people.
  - D. uses new information.

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4. What are the two main ideas presented in “Reading Food Labels”?
- A. Information on food labels is based on serving size rather than the whole package, and you should pay attention to the ratio of calories from fat.
  - B. When reading a food label, you should understand the FDA guidelines and look for the percentage of recommended daily values.
  - C. The first thing to look at on a food label is the amount of calories per serving, and you should look for foods that are high in fiber.
  - D. When reading a food label, you should be aware of the ingredients your body needs, and also be aware of the ingredients that might harm your body.
5. In “Teens and Sleep,” how does the section “Tips for Good Sleep Habits” add to the overall development of ideas in the passage?
- A. It describes the role of sleep in restoring one’s health.
  - B. It identifies the factors that make it challenging to change one’s sleep habits.
  - C. It reinforces the importance of getting enough sleep by establishing a routine.
  - D. It suggests new ways of tricking the body into going to sleep.
6. Which example shows the correct way to cite a direct quote from paragraph 3 of “Teens and Sleep”?
- A. The Web article “Teens and Sleep” points out that “Studies strongly suggest that hormonal changes make falling asleep early a difficult thing to do for adolescents” (Dunlap, 1–2).
  - B. Research has shown that “hormonal changes make falling asleep early a difficult thing to do for adolescents” (1–2).
  - C. According to Craig Dunlap, “Studies strongly suggest that hormonal changes make falling asleep early a difficult thing to do for adolescents” (healthandteens.com, 1).
  - D. According to the Web article “Teens and Sleep,” “Studies strongly suggest that hormonal changes make falling asleep early a difficult thing to do for adolescents” (Dunlap, screen 1).

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7. Which two sources provide the most information about specific things teens can do to maintain their health?
- A. articles from the magazines *Healthy Teens* and *Fitness and You*
  - B. the article from the magazine *Fitness and You* and the Web page from LabelsforLiving.com
  - C. the excerpt from the book *Vitamins and Minerals for Today's Teen* and the article from the magazine *Healthy Teens*
  - D. pages from the Web sites LabelsforLiving.com and healthandteens.com
8. To find information about different foods and the benefits they provide for the body, which resource would be most helpful?
- A. the article from the magazine *Healthy Teens*
  - B. the article from the magazine *Fitness and You*
  - C. the page from the Web site LabelsforLiving.com
  - D. the excerpt from the book *Vitamins and Minerals for Today's Teens*

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### 9. Part 1

How do the authors of “Reading Food Labels” and the “Necessary Nutrients” chart present ideas related to nutrition differently?

- A. The author of “Necessary Nutrients” expresses facts using numbers and percentages, while the author of “Reading Food Labels” avoids using numbers and percentages.
- B. The author of “Reading Food Labels” includes details about what vitamins are needed for good health, while the author of “Necessary Nutrients” does not include details about vitamin requirements.
- C. The author of “Necessary Nutrients” presents the material as a series of facts with little elaboration, while the author of “Reading Food Labels” offers advice based on the facts.
- D. The author of “Reading Food Labels” emphasizes the role of exercise in good health, while the author of “Necessary Nutrients” ignores the importance of exercise.

### Part 2

Which information from the passages **best** illustrates this difference?

- A. the “Nutrition Facts” label from “Reading Food Labels” and the “Which Nutrient?” column from “Necessary Nutrients”
- B. the phrase “it is determined by your gender, height, weight, and level of physical activity” from “Reading Food Labels” and the “How Much Do I Need Each Day” column from “Necessary Nutrients”
- C. the Food and Drug Administration guidelines from “Reading Food Labels” and the “Where Can I Find It?” column from “Necessary Nutrients”
- D. the paragraphs labeled “Limit This!” and “Eat This!” from “Reading Food Labels” and the “What Will It Do for Me?” column from “Necessary Nutrients”

