# Reading Comprehension- “Extra Large,” Please by Alice M. Davies

(from Ten Steps to Advanced Reading Power by John Langan p. 114-199 and 562)

*Vocabulary in Context*

1. \_\_\_\_ In the excerpt below, the word hordes (hôrdz)means
   1. Small groups
   2. Large groups
   3. Selected groups
   4. Concerned groups

“Since 1980, the number of America kids who are dangerously overweight has tripled…. Hordes of them are developing diet related diabetes, a disease that used to be seen almost always in adults.” (Paragraph 4)

*Main Ideas*

1. \_\_\_\_\_ The main idea of paragraph 10 is stated in the
   1. First sentence
   2. Second sentence
   3. Third sentence
   4. Last sentence
2. \_\_\_\_\_ The main idea of paragraph 14 is stated in the
   1. First sentence
   2. Second sentence
   3. Third sentence
   4. Last sentence

*Supporting Details*

1. \_\_\_\_ Which of the following is **not** presented as a reason that kids are growing heavier?
   1. Lack of exercise
   2. Overly large portions of food
   3. Genetics
   4. Overconsumption of soda
2. \_\_\_\_ According to the author, what should fast-food restaurants be required to do?
   1. Not be allowed to advertise on TV
   2. Not be allowed to build restaurants near schools
   3. Serve more fruits, vegetables, and other nutritious foods
   4. Provide nutritional information for every meal they serve

*Implied Main Ideas*

1. \_\_\_\_ Which sentence best expresses the implied main idea of paragraph 4?
   1. Kids today spend too much time in malls
   2. Diabetes is the most serious health threat today
   3. Kids today are heavier and less physically fit than ever before
   4. Kids in California are heavier and less fit than children elsewhere
2. \_\_\_\_ Which sentence best expressed the implied main idea of paragraphs 5-7?
   1. Moms should stay home and supervise their kids rather than join the work force
   2. Electronic entertainment influences kids to stay inside and get less physical exercise than they need.
   3. Kids are only going to get heavier and less fit as the years go on
   4. There are at least three major reasons for young people’s increased obesity
3. \_\_\_\_ The implied main idea of paragraph 15 is that
   1. Kids are pushed to overeat by the commercials that they see
   2. Children’s television has one hour of commercials for every five hours of programs
   3. Many commercials aimed at children feature tie-ins with toys and movies
   4. Children do not always realize when they are genuinely hungry
4. \_\_\_\_ The implied main idea of paragraphs 16-18 is that
   1. It will be nearly impossible to counteract the forces that are making America’s kids fatter
   2. There are steps that can be taken to counteract the damaging effects of fast food and junk food
   3. Fast food has no place in schools
   4. If people realized how unhealthy a fast-food meal is, they might think twice about eating it
5. \_\_\_\_ Which sentence best expresses the implied central point of the selection?
   1. This generation of children is heavier than previous generations
   2. Our kids’ growing obesity is a serious public health problem that has several causes
   3. The fast-food industry should be more closely regulated
   4. Nothing is more important for today’s generation of children than getting more exercise.

# Discussion Questions

1. The author of the selection proposed that fast-food restaurants should be required to display clear nutritional information about their products. Do you think that the presentation of this information would result in a significant reduction in the amount of fast food that people consume? Would it change *your eating* habits? Why or why not?
2. Recently, some people have attempted to sue fast-food companies, claiming that consuming their food has led to a host of serious health problems. What is your opinion of these lawsuits? Should fast-food manufacturers and advertisers be held liable for our society’s obesity problem? Or are individuals the only ones responsible for their weight? Explain your reasoning.
3. The author admits that when she was a kid, she probably would have preferred pizza to something more nutritious. She also mentions that eight out of ten California students failed a basic fitness test. Given the fact that most kids prefer fast foods and passive entertainment, what can be done to promote healthier lifestyles to young people?

# Writing Assignments

1. The author suggests that childhood obesity affects more than just a child and his or her family-it is a problem that society should be addressing. Do you agree? Write a paragraph explaining why you think childhood obesity should be regarded as a social problem. Alternatively, write a paragraph explaining why it should be seen as a private, individual issue.