



Obesity and Malnutrition

Subjects

Health, Language Arts

Grade Level

6-12

Performance Task

If time is limited, focus on steps 1 and 3.

1. Ask students what kinds of health problems they think each of the children in the provided pictures suffers from. Explain that they both suffer from malnutrition, a health condition that results from an imbalance between the body's needs and its intake of nutrients which can lead to syndromes of deficiency, dependency, toxicity or obesity. Malnutrition includes undernutrition, in which certain nutrients are undersupplied, and overnutrition, in which certain nutrients are oversupplied.
2. Show the students the NYC Public Health ad of soda turning into fat. Ask for reactions. Discuss the difference in price between healthy/unhealthy foods.
3. Pass out the reflection sheet and have the students write out their responses to the prompts. Give concrete expectations for the length of their responses.

Discussion Points

- What's in food that's so important? Starvation is a severe reduction in vitamin, nutrient and energy intake. It is the most extreme form of malnutrition. When most people think of the consequences of hunger, they think of extreme starvation, like that illustrated in the second picture. However, people can suffer from obesity and hunger at the same time if they are not eating food that is rich in vitamins, nutrients and energy. Obesity is just as deadly as starvation. In both undernutrition and overnutrition, the body is starving for the right amounts of vitamins, nutrients and energy.
- How do you think soda can cause obesity? Soda is all sugar with no vitamins or nutrients. It doesn't give the body anything it needs to be healthy, but instead oversupplies the body with too much sugar. What do you think the body does with this oversupply of sugar? The body takes all that extra sugar and turns it into fat because it doesn't need it at the moment for energy. The same process happens with foods that oversupply the body with energy, like chips, French fries, white bread and cookies.
- Oklahoma ranks among the top 10 most obese states and top 10 hungriest states in the country. How do you think those statistics are related? Do you think confusing starvation and hunger is a dangerous misconception? How?

Pass Skills

- Health Standard 1: The student will comprehend concepts related to health promotion, disease prevention and safety practices.
- Health Standard 4: The student will analyze the influence of culture, media, technology and other factors on health and safety.
- Writing Standard 2: Modes and forms of writing. The student will write for a variety of purposes and audiences using narrative, descriptive, expository, persuasive and reflective modes.

Common Core Standards

- Write informative/explanatory texts, including the narration of historical events, scientific procedures/ experiments, or technical processes.
- Write arguments to support claims in an analysis of substantive topics or texts, using valid reasoning and relevant and sufficient evidence.

HUNGER 101: ACTIVITY 3



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ARE YOU POURING ON THE POUNDS?

DON'T DRINK YOURSELF FAT.

**Cut back on soda and other sugary beverages.
Go with water, seltzer or low-fat milk instead.**

NYC
Michael F. Bloomberg,
Mayor

Department of
Health & Mental
Hygiene
Thomas H. Kohler, M.D., M.P.H.,
Commissioner

HUNGER 101: ACTIVITY 3

Name:

Study the cartoon, and then write your responses to the following prompts.



Prompt 1: How does this cartoon link poverty to different kinds of malnutrition?

Prompt 2: Why do you think most people don't see obesity as a sign of hunger?

Prompt 3: What problems do you think these stereotypes of poverty might cause?