

Grade 8 Non Fiction Reading Comprehension Stories Topics and Skills

Includes 6 nonfiction reading passages. The before, during, and after reading exercises incorporate effective, research-based reading comprehension strategies including activating prior knowledge, predicting, visualizing, questioning, drawing inferences, summarizing, synthesizing, monitoring and repairing comprehension, and evaluation.

Teacher Notes and Assessments: teacher and student rubrics and read aloud observation form.

Answer Key for all 6 Reading Passages

Reading Passage Topics and Skills:

Reading Passage 1 Let's Roll – The Story of Todd Beamer, Hero of 9/11

- CCSS #RI. 8.1 Ask and answer questions to show understanding of text and details: nonfiction
- CCSS #RI. 8.10 Read and comprehend grade level informational texts
- CCSS #W. 8.9 Connect personal experiences to ideas and information in the text

Reading Passage 2 Downloading Songs

- CCSS #RI. 8.1 Ask and answer questions to show understanding of text and details: nonfiction
- CCSS #RI. 8.10 Read and comprehend grade level informational texts
- CCSS #L. 8.4 Determine the meaning of unknown vocabulary
- CCSS #W. 8.9 Connect personal experiences to ideas and information in the text

Reading Passage 3 Tsunami Wreaks Havoc

- CCSS #W. 8.9 Connect personal experiences to ideas and information in the text
- CCSS #RI. 8.10 Read and comprehend grade level informational texts
- CCSS# RI. 8.4 Use context to determine the meanings of words and phrases in a text.
- CCSS #L. 8.4 Determine the meaning of unknown vocabulary

Reading Passage 4 Little Sure Shot

- CCSS #W. 8.1 Express and write an opinion; give support
- CCSS #/W. 8.3c Sequence events
- CCSS #W. 8.9 Connect personal experiences to ideas and information in the text
- CCSS #RI. 8.7 Illustrate an idea
- CCSS #RI. 8.10 Read and comprehend grade level informational texts
- CCSS #RI. 8.1 Ask and answer questions to show understanding of text and details: nonfiction

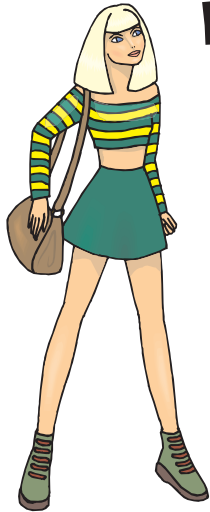
Reading Passage 5 Eating Disorders

- CCSS #RI. 8.1 Ask and answer questions to show understanding of text and details: nonfiction
- CCSS #RI. 8.10 Read and comprehend grade level informational texts
- CCSS #L. 8.4 Determine the meaning of unknown vocabulary
- CCSS #W. 8.9 Connect personal experiences to ideas and information in the text

Reading Passage 6 Here's Your Sign!

- CCSS #W. 8.9 Connect personal experiences to ideas and information in the text
- CCSS #RI. 8.1 Ask and answer questions to show understanding of text and details: nonfiction
- CCSS #RI. 8.10 Read and comprehend grade level informational texts

Eating Disorders



1. Synonym Match: Match the words in the box with their synonyms on the chart.

Word Box

plentiful interruption overweight advance
preoccupation uneasiness self-destruction (get) rid (of)

Word	Synonym	Word	Synonym
abundant		obsession	
anxiety		promote	
disruption		purge	
obese		suicide	

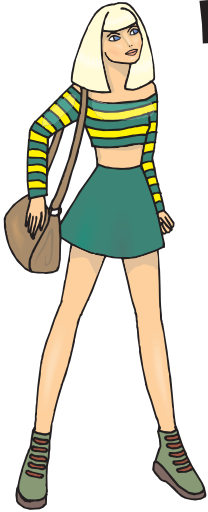
2. What do you understand is the meaning of the term "eating disorder?"

3. Have you ever known anyone that you would consider had an eating disorder? Describe your experience with that person.

4. What are some influences in our society that make us want to be so thin?

5. Why do you think some people will go to such extremes to achieve their idea of the "perfect body?"

Eating Disorders



North Americans have access to one of the most abundant food supplies in the world. Yet we also have some of the globe's worst eating habits. We either overeat or we eat too little. A medical condition that involves a serious disruption in one's eating habits is known as an eating disorder. Millions of people suffer from these disorders. Although each disorder has its own set of symptoms and patterns of behavior, one disorder is often linked to another.

Types of disorders:

There are three major eating disorders: **binge eating, bulimia, and anorexia.**

Binge eaters consume large amounts of food in a single sitting. They eat fattening, high-calorie foods such as potato chips, cookies, doughnuts and fast foods. As a result, they become overweight which adds to their anxiety. A binge eater commonly binges twice a week for several months or more. Then a binge eater may diet for a few weeks to lose those extra pounds. But this never works. The see-saw between overeating and dieting causes trouble with one's metabolism. Soon it becomes almost impossible to lose weight. The person goes back to bingeing and, over time, becomes obese, or grossly overweight. In addition to the physical effects of bingeing, the person may become depressed about their appearance and their behavior.

6. An underlying fact behind binge eating is consuming large amounts of food at one time. Why do you think binge eaters choose such high-calorie, fattening foods? (as opposed to, say, large amounts of raw vegetables)



Bulimics begin as binge eaters. However, they **purge**, or get rid of the food they eat. Usually, this is done by vomiting or taking laxatives, or both. Bulimics binge and purge two or three times a day; often doing so in secret. Bulimia has several harmful physical side effects. Throwing up brings up stomach acids which can cause sore throat, eat away at teeth surfaces and make one's jaw and mouth swell. Frequent vomiting stresses the stomach and may cause severe abdominal pain. Many bulimics feel guilty about hiding their disorder and depressed to the point of suicide.

7. Why do bulimics purge in secret?

Anorexics suffer from **distorted body image**. Usually, the disorder begins with having excess weight. Then, an obsession with being thin causes the person to eat very little (if at all) and to exercise vigorously. Some anorexics have a strong desire for food, so they will binge and purge. They may go back and forth on this behavior for years. No matter how skinny they get, anorexics still think that they are overweight. They do not believe that refusing to eat is a problem and may take diet pills, laxatives and diuretics to speed up their weight loss. Many anorexics suffer from malnutrition which results in thinning hair, low body temperature, low blood pressure, dry skin and trouble sleeping. Risk runs high for sudden death from heart failure. Mentally, anorexics feel nervous, guilty, depressed and even suicidal.



8. Anorexia is probably the most severe of the eating disorders. Why?

What Causes Eating Disorders?:

The study of eating disorders is somewhat new and there is some disagreement about their causes. However, most experts agree that there are underlying reasons for this behavior.

Feelings of Depression:

Many people who abuse food report being depressed. Events of daily life may seem overwhelming and life appears meaningless. Everyone feels depressed at some points in life, but usually we deal with and overcome it. To relieve longer lasting depression, some people turn to food to make themselves feel better. We have all heard of "comfort food." But eating big quantities of food when you are not hungry or your body doesn't require it just leads to another problem: weight gain. And sometimes this weight gain gets out of control.

Pressures at Home and School:

Poor self image caused by feelings of being unattractive, unworthy or inadequate may lead to overeating. Pressure from parents to lose weight, diet or to become more fit may lead teens to extreme weight control measures. At school, girls may fear being criticized or ignored by other girls if they are not thin. As well, they worry that boys will not find them attractive. School also involves pressure from teachers and parents to earn good grades. If this pressure leads to frustration, the next step may be to abuse food.

Society and the Media:

Our society and the media promote the message that "Thin is in." Skinny models and movie stars promote diet products and exercise equipment and plans. Movies, magazines and clothing designers promote the "anorexic look." The underlying message is clear: "Overweight people are unattractive." And teen girls are a prime target for this message. In order to achieve "the look," girls will diet unsafely and perhaps fall prey to an eating disorder.

9. Imagine that you believe your best friend has an eating disorder. What steps would you take to help her? Would you tell her parents about your concerns? Describe what you would do.

Treatment for Eating Disorders:

Treating eating disorders is as difficult as determining the cause. One's personality, attitude and acceptance of the problem and cooperation are all important factors.

Physical Approach:

A common approach is to hospitalize the person. There, doctors and nurses can control the amount and the type of food a person eats. Many anorexics deny they have a problem so this makes treatment even harder. In very serious cases, doctors may force patients to eat by inserting feeding tubes.

Behavior Modification:

A more lasting approach is a treatment that modifies, or changes, a person's harmful eating behavior. Doctor and patient decide on a list of goals such as: eating all the food on one's plate or gaining a set amount of weight each week. For bulimics, goals would be to keep from purging, eat slowly, drink water before meals, and leave a bit of food on one's plate each meal. Achieving a goal is rewarded with some form of privilege.



Counseling and Support Groups:

Counseling is another form of treatment. A doctor or counselor talks to, and advises the patient. The goal is to help the person understand her problem and the causes of her behavior. Knowing and acknowledging the causes usually helps a person to overcome them. Counseling may be a private session or may take place in a group. Group sessions give one the chance to share personal experiences and concerns with peers.

Whatever form of treatment is used, the goal is to help young people with eating disorders to deal with food in a healthy, normal way. Many agree that the first step to recovery is to ask for help. But the first step to avoiding an eating disorder is to recognize the pressures that may lead to such a disorder, and to ask for help in dealing with those pressures.





Eating Disorders

10. Compare and contrast the three major eating disorders by completing the chart below.

	Binge Eating	Bulimia	Anorexia
Definition			
Eating Habits			
Physical Side Effects			
Mental Side Effects			

11. Outline the main causes of eating disorders and explain the reasons behind these causes.

Causes of Eating Disorders	Reasons Behind These Causes

12. Explain what treatments are currently being used for eating disorders.
Describe the benefits of each of these treatments.

Treatment	Benefits of This Specific Treatment