

An Obese Life

Pre-reading

Questions:

- What does it mean to be obese?
- What does it feel like to be obese?



www.cdc.gov image

Definitions:

- Obese – very fat, overweight
- Prevent – to stop something from happening

Reading

“Mom, can we go play at the park? Please.” says Jon.

11 “Not today honey,” replies Mom.

16 “Why not?” asks Jon.

20 “Because it’s too hot,” she says.

26 “No it’s not. It’s a nice day,” says Jon.

35 “I wish I could take you to the park, Jon. I wish we could play there. But I’m
53 just too tired,” Mom says.

58 “But you didn’t work today,” says Jon.

65 Mom feels bad. She wants to play with her son. Her weight prevents her from
80 fun play days. She is obese. This makes her tired. She gets short of breath and her
97 body aches. Being obese is not good for her or her son.

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Understanding

1. Where does Jon want to go? Why? _____

2. Who is Jon talking with? _____

3. Why can't Mom spend time with Jon? _____

4. What does Mom wish? _____

5. How could Mom's wish come true? _____

Writing

Option A: Retell the story in your own words.

Option B: Write about an obese person that you know. How has his weight affected his life?
