STARFISH
nonfiction resources

OVERVIEW OF CONTENTS

- 6 Informational Texts
  - Variety of Text Features
  - A & B Response Formats
- 7 Extension Activities & Final Project
  - Pair Texts with Informational Texts
- Topics cover subjectiveness of beauty standards, history of beauty, self-acceptance, and more
- Google Slides™ Links for Google Drive™
- Standards-Aligned Resources
- Answer Keys for Informational Texts

TEXT & ACTIVITIES TOPICS

Informational Texts
- Weightism
- Ideals of Beauty
- What Drives Ideals of Beauty?
- The "Beauty" of Social Media
- Concepts of Self
- Change the Channel

Extension Activities
- Power of Words
- What Is Beauty?
- Ancient Beauty
- Media Messages
- A Critical Debate
- Flip the Script
- Text Connections
- Final Project: Build Up Bulletin

INFORMATIONAL TEXTS

WEIGHTISM

Sadly, prejudice[1] is commonplace. You've probably heard many terms to describe when a person is unfairly judged. For example, sexism, classism, and racism – to name just a few – all are used to explain when a person faces discrimination based on some characteristic, typically physical. In this context, Merriam-Webster's dictionary defines an **–ism** as "prejudice or discrimination[2] on the basis of a (specified) attribute." It may not come as a surprise then that identification of and steps to combat **weightism** is becoming more recognized in society. After all, people form judgments about other people all the time based on their overall appearance. The omnipresence[3] of social media, movements to embrace body positivity, inclusivity, and diversity have thrust discrimination based on body size, shape, and weight into the public eye.

A Pervasive[4] Problem

Weightism affects the lives of anyone with a body type, size, or shape that is considered different from the collective accepted standard of "ideal," including those deemed "too thin" or "overweight." However, to be clear, weightism overwhelmingly discriminates against those viewed as overweight. Prejudice against people based on weight and body shape continues to be a growing, unchecked problem that permeates[5] all facets of life. Its negative impacts can be seen in instances of teasing and bullying to harassment and body shaming to employment discrimination and more.

Researchers have just begun to deeply study the presence and effects of weightism, and their results are staggering. Individuals who are overweight are more likely to be bullied, criticized by doctors, convicted of a crime, and paid less at a job. As the obesity rate continues to increase in the United States, weightism has also accelerated even as it remains almost entirely unaddressed. The fact such bias[6] exists is not talked about often, but the impact on individuals is real.

STOP & JOT

In the space below, jot down details from the first page that stick out to you for each category.

🔍 Interesting Fact

📚 New Learning

💡 Suprising Find

👓 Different Perspective

- ➢ 6 Nonfiction Readings

- ➢ Educational Text Features

- ➢ Glossary of Key Vocabulary

- ➢ 2-3 Pages Per Reading

INFORMATIONAL TEXTS

The Beginnings of Change

The fact of the matter is society readily allows weightism to continue without consequences. Weightism's firm place is the result of several factors that have gone unexamined over a long period of time. Misconceptions[7] about body size, collective acceptance of "beauty ideals and standards," and the culture around health and food all contribute to weightism. Yet, most of those misconceptions are now being proven false.

Science is helping to counter the ideas that contributed to weightism's development in the first place. For example, for decades (or more), people have emphasized a person's personal responsibility for their weight, but science now shows that genetics play a huge factor in a person's size. The human body is mostly a product of genes, not the food and exercise choices one makes. In addition to genetics, the culture around weight, especially in the U.S., celebrates body types that are nearly impossible for people to obtain. Alongside applications and programs that alter photos, this "ideal" body becomes pure illusion.[8] However, the notion there is an attainable ideal remains an unfair standard by which all have come to be judged. Finally, fixation[9] on "healthy" bodies strongly contrasts with society's toxic food culture. The healthiest foods often cost more and are harder to acquire, especially in some areas. Meanwhile, unhealthy foods are everywhere and cost much less. While the message is to be healthy, the reality is that healthy foods are not readily available to most.

GENETICS

Interesting Facts About Genetics & Weight

- Genes affect appetite, feeling of fullness, metabolism, cravings, and more

- Genes are thought to account for a predisposition for obesity anywhere between 25-80%

- People carry "**thrifty genes**" – conserve energy and store fat – an evolutionary adaptation humans do not need anymore

VS.

ENVIRONMENT

Interesting Facts About Environment & Weight

- Food availability influences weight – "food deserts" or areas that lack easy access to healthy foods have become more common

- In 1970, households spent about 27% of their food budget on take-out; in 2006, that number rose to 46%

- Lack of exercise opportunities, more hours watching TV, and bigger portion sizes have all contributed obesity

- Appropriate Spacing to Allow for Annotation

- Common Core-Aligned

- Informational Texts and History Standards

- Critical Thinking Opportunities

INFORMATIONAL TEXTS

WEIGHTISM

TEXT FEATURES

Directions: Fill out the following organizer, identifying the key features of the informational text.

Feature 1: Genetics vs. Environment

What is it? Name/describe the feature.

How does this feature contribute to your understanding of the whole article?

TERMS & VOCABULARY

Directions: Define the key terms below by using context clues from the text.

-ism	
Weightism	
Thrifty Genes	

MAIN IDEA & DETAILS

Directions: Fill out the graphic organizer below in order to determine the main idea of the text.

Title:

Key Detail 1:	Key Detail 2:	Key Detail 3:

Main Idea: What is the article mostly about?

- ➤ Comprehension & Analysis Questions

- ➤ Format A – Text Features, Main Idea

- ➤ Format B – Analysis Questions

- ➤ Depth of Knowledge Prompts

INFORMATIONAL TEXTS

Informational Text Analysis B
Name:

1. Based on the article, what is weightism? Who is affected by this type of bias and discrimination? Support with textual evidence.

_____
_____
_____
_____
_____

2. Explain at least three negative effects those affected by weightism suffer. Support with details from the text.

_____
_____
_____
_____
_____

3. Why does weightism continue to grow in society without any consequences? Explain at least three reasons and support with evidence from the text.

_____
_____
_____
_____
_____

4. What misconceptions contribute to weightism? How are these misconceptions false? How are they harmful for those that are unfairly judged for their bodies? Explain and support with evidence from the text.

_____
_____
_____
_____
_____

5. How does the "Genetics vs. Environment" text feature deepen your understanding of weightism and the misconceptions that underpin this bias? Support with evidence from the text.

_____
_____
_____
_____
_____

6. What steps are being taking to formally address weightism and the harm it causes people? What additional steps do you think would be helpful to further address weightism? Support with details.

_____
_____
_____
_____
_____

➤ 2 Formats to Allow for Differentiation

➤ Use for Centers or Rotation Model

➤ Pair with Novel – Cross-Text Connections

➤ Answer Key & Google Slides™ Links

EXTENSION ACTIVITIES

WHAT IS BEAUTY?

Quick Write: How would you define beauty? What is beauty? What qualities does an individual have that makes them beautiful?

_____

_____

_____

_____

_____

_____

Idea Web: In the space below, make a web of the qualities or characteristics of beauty.
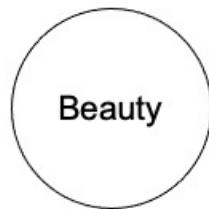
Beauty

Sticky Note: After you have brainstormed all the qualities and characteristics of beauty, write down a simple definition of beauty. What is beauty?

_____

_____

_____

_____

_____

_____

What is beauty?

_____

_____

_____

- ➢ 7 Extension Activities

- ➢ Variety of Materials – Research, Debate

- ➢ Engage with Different Activities

- ➢ Comprehension & Analysis Questions

EXTENSION ACTIVITIES

ANCIENT BEAUTY

Directions: For this activity, you will select an ancient civilization and study that society's views of beauty. Then, after conducting research, you will compile your new knowledge in a presentation to educate your peers about this ancient civilization's perception of beauty.

Ancient Civilization Selection

Please circle the ancient civilization you will be studying.

Ancient Greece	Ancient Egypt	Ancient Mayans	Ancient China

When you have selected a civilization, you will complete the steps listed below.

1. **Research Notes**
   - Civilization Basics – Collect details about the ancient civilization selected. (Dates, location, important accomplishments, societal structure)
   - Beauty Standards – Gather information about beauty standards for all members of your chosen civilization if that amount of information is available.
   - Importance or Purpose of Beauty Standards – What values did these beauty standards message? What purpose did they serve in society? Were they intended to enhance appearance or developed for more practical reasons?
   - Beauty Resources – What did this civilization use to improve appearance or achieve society's accepted beauty standards?
   - Interesting Facts – What additional information helps understand this civilization's perspective of beauty?

2. **Presentation of Findings**
   - Create a short presentation that educates your peers on your ancient civilization's view of beauty.
   - 5-6 Slides that capture your research and present your findings.

3. **Reflection**
   - After your presentation and the presentation of your classmates, reflect on your new knowledge about ancient civilizations and beauty standards.

- ➤ Allows for Differentiation

- ➤ Standards-Aligned – Informational & History Texts

- ➤ Pair with Informational Texts

- ➤ Make Connections Between Texts

EXTENSION ACTIVITIES

MEDIA MESSAGES

Directions: Beauty and "health" advertisements or stories are broadcast to the world on every media and social media channel. For this activity, you will consume media and track the advertisements or stories that focus on people's physical beauty. First, collect data on the advertisements or stories you see (outside of school) when you are on a computer, tablet, phone, TV, or any other media device. Use the organizer below to track the ads or stories and analyze the message they send to the viewer about beauty. Then, after you view each ad or story, reframe the message so that they all reflect positive ones about beauty.

Device	Media Outlet (TV, social media, etc.)	Brief Description of Advertisement or Story

Message: What message does the advertisement or story send about a person's beauty?

Reframe Message: How can you reframe the above message into a positive one? If already positive, explain how or what communicates that positive message.

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Message: What message does the advertisement or story send about a person's beauty?

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➤ Foster Rich Discussion

➤ Examination of History

➤ Prompts Require Evidence-Based Responses

➤ Cross-Curricular Learning

EXTENSION ACTIVITIES

BUILD UP BULLETIN

Final Novel Study Project

Name:

Directions: In *Starfish*, Ellie teams up with Enemy 3 to create a bulletin board that helps combat bullying at their school. You have spent some time learning about beauty, social media, and self-acceptance. Now, it's your turn to create a bulletin board display that helps promote **self-acceptance** in your educational setting.

As you brainstorm and design two bulletin board options, carefully consider each of the following bulletin board components. Use the questions as a guide.

- **Purpose** – What is the purpose of the board? Do you want others to interact with it? Do you want to share information? Do you want to spread an idea? Do you want to urge an action? Make sure to include clear directions if you want others to interact with the board.
- **Slogan / Theme** – What slogan can you create to promote your **self-acceptance** message or theme? What positive message can you send?
- **Images / Borders / Background** – How can you use images, borders, and backgrounds to support your message and create a display that catches viewers' attention?
- **Color** – How can you use color in a meaningful way? What colors will "pop" and draw the attention of others?
- **Creativity** – How can you create a unique bulletin board that captures people's attention and stays with them long after they see it or interact with it?

Bulletin Board Brainstorm #1

Bulletin Board Component	Ideas & Notes
Purpose	
Slogan / Theme	

- ➤ Encourage Critical Thinking

- ➤ Scaffold Learning with Graphic Organizers

- ➤ Google Slides™ Links for Google Drive™

- ➤ Rubrics for Applicable Resources

BUNDLE & SAVE!

This resource is part of a comprehensive unit on *Starfish*! Click the cover below to preview all the resources available.

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