



## NJSLA Research Simulation Task Grade 7 Writing

### Lesson 1: Introduction to the Prose Constructed Response on the Research Simulation Task

#### Rationale

- ✚ This lesson serves as an overview of the prose constructed response (PCR) of the Research Simulation Task (RST), which is the essay writing portion of the exam.
- ✚ The succeeding lessons in this series will delve into several aspects of the writing process and offer practice in the areas of thesis statements, outlining, paragraphing, and completing a PCR task.

#### Goal

- ✚ To preview the PCR on the NJSLA Research Simulation Task

#### Task Foci

- ✚ **CCSS W.7.1:** Write arguments to support claims with clear reasons and relevant evidence.

#### Objectives

- ✚ Students will understand the types of writing that they will be asked to produce on NJSLA Research Simulation Task.

#### Materials

- ✚ Research Simulation Task Sample Texts (3)
- ✚ Research Simulation Task Sample Prompt
- ✚ Blank white paper
- ✚ Colored pencils

#### Procedures

- ✚ Explain that today you are going to introduce the class to the writing portion of the NJSLA Research Simulation Task.
- ✚ The great innovation of NJSLA is that it creates a test-taking environment that simulates the circumstances in which real-world writing is conducted. Students have the texts they need right in front of them. Share this information with students. Let them know that this should put them more at ease with the tests. The only prior knowledge they need concerns knowing how to write a response to a prompt. The content of their responses will be drawn exclusively from the texts on the assessment.

- ✚ Explain to students that NJSLA is a significantly different test than NJ ASK, but you as the teacher are going to guide them through the process of taking the test so that they are well prepared for test day.
- ✚ Differences from NJ ASK:
  - Test is administered on computers (schools may opt for paper tests).
  - The writing and reading portions are combined into one comprehensive assessment. All answers, selected or written, use the same set of texts as their source, so students interact with the texts over a sustained period of time.
  - Questions are all text-dependent. Students answer multiple-choice (EBSR & TECR) questions after reading the texts and before writing their essays
  - Emphasis on analytical essay.
- ✚ Distribute the sample texts and prompt.
- ✚ Ask students if they have any questions.
- ✚ Discuss “main idea” and explain to students that the main idea of their essay will be a statement that directly answers the prompt.
- ✚ Next, students will create a web to brainstorm main ideas and supporting evidence.
- ✚ Pass out paper and colored pencils.
- ✚ Ask students to write the words “Main Idea” in the center of their paper and leave space to write their main idea below the words.
- ✚ Direct students to come up with at least three supporting ideas. Have them find information in the texts that they can use to support their ideas. Have them write their findings in their own words on their web.
- ✚ Discuss students’ ideas and findings if there is time. Collect their work.

### **Teacher Tips**

- ✚ While students are creating their webs, circulate to help any students who may be struggling and to check that their main idea is workable and that they are finding relevant information in the texts to support their ideas.

### **Assessment**

- ✚ Evaluate students’ webs. It should be evident that the student understood the reading. Check that each student was able to come up with at least three supporting ideas for their main idea.

### **Extension Activity**

- ✚ In a following class period, as a formative assessment activity, have students answer the prompt with an essay.

# “Water”

From CDC.gov, adapted by Laura Schaefer

Ever notice how lifeless a house plant looks when you forget to water it? Just a little water and it seems to perk back up. Water is just as essential for our bodies because it is in every cell, tissue, and organ in your body. That's why getting enough water every day is important for your health.

Healthy people meet their fluid needs by drinking when thirsty and drinking fluids with meals. But, if you're outside in hot weather for most of the day or doing **vigorous** physical activity, you'll need to make an effort to drink more fluids.

## 1. Where do I get the water I need?

Most of your water needs are met through the water and beverages you drink. You can get some fluid through the foods you eat. For example, broth soups and other foods that are 85% to 95% water such as celery, tomatoes, oranges, and melons.

## 2. What does water do in my body?

Water helps your body with the following:

- Keeps its temperature normal.
- Lubricates and cushions your joints.
- Protects your spinal cord and other sensitive tissues.
- Gets rid of wastes through urination, perspiration, and bowel movements.

## 3. Why do I need to drink enough water each day?

You need water to replace what your body loses through normal everyday functions. Of course, you lose water when you go to the bathroom or sweat, but you even lose small amounts of water when you exhale. You need to replace this lost water to prevent dehydration.

Your body also needs more water when you are—

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhea or vomiting.

To help you stay hydrated during prolonged physical activity or when it is hot outside:

1. Drink fluid while doing the activity.
2. Drink several glasses of water or other fluid after the physical activity is completed.

Also, when you are participating in vigorous physical activity, it's important to drink before you even feel thirsty. Intense exercise can lead to dehydration.

Some people may have fluid restrictions because of a health problem, such as kidney disease. If your healthcare provider has told you to restrict your fluid intake, be sure to follow that advice.

#### **4. Tips for Increasing Your Fluid Intake by Drinking More Water**

Under normal conditions, most people can drink enough fluids to meet their water needs. If you are outside in hot weather for most of the day or doing vigorous activity, you may need to increase your fluid intake.

If you think you're not getting enough water each day, carry a water bottle for easy access when you are at work or running errands. Freeze some freezer-safe water bottles. Take one with you for ice-cold water all day long. Choose water instead of sugar-sweetened beverages. This tip can also help with weight management. Substituting water for one 20-ounce sugar-sweetened soda will save you about 240 calories. Choose water instead of other beverages when eating out. Generally, you will save money and reduce calories. Give your water a little pizzazz by adding a wedge of lime or lemon. This may improve the taste, and you just might drink more water than you usually do.

#### **5. Do sugar-sweetened beverages count?**

Although beverages that are sweetened with sugars do provide water, they usually have more calories than unsweetened beverages. To help with weight control, you should consume beverages and foods that don't have added sugars.

Examples of beverages with added sugars:

- Fruit drinks.
- Some sports drinks.
- Soft drinks and sodas (non-diet).

## “Trans Fat”

From CDC.gov, adapted by Laura Schaefer

The *Dietary Guidelines for Americans 2010* and the Institute of Medicine recommend that individuals keep trans fatty acid consumption as low as possible. There are two main sources of dietary trans fatty acids (trans fat). Naturally occurring trans-fat is found in small amounts in the fatty parts of meat and dairy products. Artificial trans-fat comes from foods that contain partially hydrogenated oil. It is formed when hydrogen is added to liquid oil turning it into solid fat. Food manufacturers use artificial trans-fat in food products because it is inexpensive. It also increases the food’s shelf life and stability.

### **Dietary Guidelines for Americans (DGA)**

The DGA recommend that individuals keep trans fatty acid consumption as low as possible. Limit foods that contain synthetic [artificial] sources of trans fats and by limiting solid fats such as shortening. Consuming trans-fat increases “bad” cholesterol. This risk factor contributes to the leading cause of death in the U.S. – heart disease.

Trans-fat intake has gone down in the US. This is a result of efforts to increase awareness of its health effects. Nutrition Facts label changes and new laws have also helped. However, on average Americans still consume 1.3 grams (0.6% of energy) of artificial trans-fat each day. Fried items, **savory** snacks like microwave popcorn, frozen pizzas, cake, cookies, pie, margarines and spreads, ready-to-use frosting, and coffee creamers all still have trans-fat in them. The amount of trans fat can vary among similar food categories. Even small amounts of trans-fat should be avoided.

### **What Can Be Done To Reduce Artificial Trans Fat?**

Read the Nutrition Facts label and ingredient list to compare foods. Choose products with 0 grams trans-fat. Check the Ingredient List to see if there is any partially hydrogenated oil in the product. When choosing foods low in trans-fat, make sure they are also low in saturated fat and cholesterol. Look for foods with 5% of the Daily Value or less. Foods with 20% or more of the Daily Value of these two things are high. Use canola and olive oil or soybean, corn, and sunflower oil in recipes that call for fat.

A good way to avoid trans-fat is to eat a balanced diet rich in fruits, vegetables, whole grains, lean sources of protein, and low-fat or fat-free dairy products. Ask your grocer to stock products free of trans fats. Ask your favorite restaurants to avoid using trans fats in food preparation.

# “Protein”

From CDC.gov and ready.gov/caring-animals, adapted by Laura Schaefer

What do you think about when you hear the word *protein*? Maybe it's an ad for some protein shake that promises colossal muscles? Or is it the last high-protein diet craze you read about? With all this talk about protein, you might think Americans were at risk for not eating enough. In fact, most of us eat more protein than we need. Protein is in many foods that we eat on a regular basis.

## What is Protein?

Proteins are part of every cell, tissue, and organ in our bodies. These body proteins are constantly being broken down and replaced. The protein in the foods we eat is digested into amino acids that are later used to replace these proteins in our bodies.

Protein is found in the following foods:

- meats, poultry, and fish
- legumes (dry beans and peas)
- tofu
- eggs
- nuts and seeds
- milk and milk products
- grains, some vegetables, and some fruits (provide only small amounts of protein relative to other sources)

As we mentioned, most adults in the United States get more than enough protein to meet their needs. It's rare for someone who is healthy and eating a varied diet to not get enough protein.

## What are the types of protein?

Proteins are made up of amino acids. Think of amino acids as the building blocks. There are 20 different amino acids that join together to make all types of protein. Some of these amino acids can't be made by our bodies, so these are known as *essential* amino acids. It's *essential* that our diet provide these.

In the diet, protein sources are labeled according to how many of the essential amino acids they provide:

- A *complete* protein source is one that provides all of the essential amino acids. You may also hear these sources called *high quality proteins*. Animal-based foods; for example, meat, poultry, fish, milk, eggs, and cheese are considered complete protein sources.
- An *incomplete* protein source is one that is low in one or more of the essential amino acids. *Complementary* proteins are two or more incomplete protein sources that together provide adequate amounts of all the essential amino acids.

For example, rice contains low amounts of certain essential amino acids; however, these same essential amino acids are found in greater amounts in dry beans. Similarly, dry beans contain lower amounts of other essential amino acids that can be found in larger amounts in rice. Together, these two foods can provide sufficient amounts of all the essential amino acids the body needs.

To help you get adequate protein:

- Compare the amount of meat, poultry, fish, eggs, legumes, nuts, and seeds you are eating per day to what is recommended.
- Save your money and don't buy the protein supplements. If you're healthy, you probably get all the protein you need from your diet.

To help you make lower-fat protein choices —

- Choose meats that are leaner cuts and trim away any fat you can see. For chicken and turkey, remove the skin to reduce fat.
- Substitute pinto or black beans for meat in chili and tacos.
- Choose low-fat or fat-free milk and yogurt.
- Choose low-fat or fat-free cheese.
- Choose egg whites or pasteurized egg white products.

### **What if I am a vegetarian?**

Because some vegetarians avoid eating all (or most) animal foods, they must rely on plant-based sources of protein to meet their protein needs. With some planning, a vegetarian diet can easily meet the recommended protein needs of adults and children.





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