

Activity 2: Coordinating Words that Connect Words and Phrases in a Series

This activity is based on Jane Brody, "Attacking the Obesity Epidemic by First Figuring Out Its Cause."

After studying the chart Coordinating Words that Connect Words and Phrases in a Series (above), underline the words and phrases that the coordinating words (**in bold**) connect. Notice that when the words and phrases are joined, they must be grammatically similar. (Coordinating words that join independent clauses have not been bolded.) Then circle the commas that are used to punctuate these series of words and phrases and explain the punctuation rule.

When I was growing up in the 1940s and '50s, I had to walk or bike many blocks to buy an ice cream cone. There were no vending machines dispensing candy, chips **and** soda. There were no fast-food emporiums **or** shopping malls with food courts. Nor were we constantly bombarded with televised commercials for prepared foods **and** drinks laden with calories of fats **and** sugars. Most meals were prepared **and** eaten at home, even when both parents worked (as mine did). Eating out was a special event. "Convenience" foods were canned fruits **and** vegetables, not frozen lasagna **or** Tater Tots. A typical breakfast was hot **or** cold cereal sweetened with raisins **or** fresh fruit, not a Pop-Tart, jelly doughnut **or** 500-calorie bagel with 200 calories of cream cheese.

Before a mass exodus to the suburbs left hordes of Americans totally car-dependent, most people lived in cities **and** towns where feet served as a main means of transportation.

As more women entered the workforce, the food industry, noting a growing new market, mass-produced convenience foods with palate appeal. The foods were rich in sugar, salt **and** fat, substances that humans are evolutionarily programmed to crave.