



Immigrants and stress*



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What causes stress?

Stress is the body's **reaction*** to change and difficulties. Stress can come from jobs, school, dangers, and family problems. Accidents, sickness, money troubles, **divorce***, war, **natural disasters*** and death of a loved one all cause stress.

Air **pollution*** and **noise pollution*** can cause stress, too. So can watching the evening news on TV!

We actually need some stress. We gladly give ourselves stress by trying to learn new **skills***, trying to win, and trying to reach **goals***.

Immigrants' difficulties

Immigrants have extra **challenges*** and are under extra stress. It is very difficult to move to a new country. Many immigrants have left family members and friends behind in their native country. They **miss*** them. It takes a long time to build new friendships and a new **network*** of **support***.

Some immigrants are here illegally. They may feel **constant*** stress.

They hope **Congress*** will reform the immigration laws and let them stay. So far, Congress has not done that.

Living in a new place is stressful. The brain must learn the **routes*** to home, stores, work, and school. Bodies must **adapt*** to colder or warmer weather.



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Money problems can cause stress. Food and rent in the U.S. are expensive. Most immigrants have to take low-paying jobs until they learn English. They may have a hard time finding a job.

Immigrants may live in **crowded*** neighborhoods. They may not be safe from **crime***.

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Words in **black** print with a star (*) are in **WORD HELP** on page 12.

Life in the U.S.A. Shopping for groceries-part 6

Reading nutrition* facts

You need to know three things in order to make good food choices:

1. What **nutrients*** do you need?
2. How much of each nutrient do you need each day?
3. How much of each nutrient is in the food you buy?

Each person is different! This article will talk about what the **average*** person needs.

The average adult who weighs 150 pounds needs 2,000 **calories*** from food each day. People who are very active need more. People who are less active need fewer calories. If you eat more calories than your body can **burn***, you will **gain*** weight.

Our bodies need five kinds of

nutrients: **protein***, **carbohydrates***, **fats**, **vitamins***, and **minerals***. We also need **water** and **fiber***.

Why do we need protein?

We need protein for building and repairing muscles, **organs***, hair, skin, and blood.

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By U.S. law, food companies must put nutrition facts on their packages. Staff photo.