

Mentor Text	Teacher's Side by Side
<p><b>Vaping may harm the lungs</b></p> <p>You've seen them on television, in celebrity photos and in magazine ads — cool superstars vaping on electronic cigarettes. Their high-tech gadgets seem to be available everywhere, from shopping malls to the 24-hour convenience mart. Is it any wonder that teens are being tempted to try out the vaping craze?</p> <p>Yet scientists are disturbed by the fascination teens have with this nicotine-dispensing alternative to smoking. And with good reason. Data from a growing number of studies indicate that electronic cigarettes are not harmless.</p> <p>Chemicals in e-cigarettes can damage lung tissue, provoking inflammation. That damage can reduce the ability of the lungs to keep out germs and other harmful substances, new studies show.</p> <p>Yet teens seem largely unaware of — or unconcerned by — the emerging data on these risks. Their use of e-cigarettes has now surpassed that of conventional cigarettes. In the past year alone, e-cigarette use by U.S. middle school and high school teens has tripled. That's the finding of a new government survey released last month.</p>	<p><b>Eating Cheetos may harm the stomach</b></p> <p>You have seen them at the lunch areas, parties, vending machines and kids' backpacks — cool students eating spicy Cheetos. Their colorful handy-packs seem to be available everywhere, from vending machines to students who carry their sports bags ready to sell. Is it any wonder that students are craving for the savory, crunch snack?</p> <p>Yet adults are disturbed by the fascination teens have with these fatty and salty alternative to a healthy snack. And with good reason. Data from a growing number of studies indicate that hot Cheetos are not harmless.</p> <p>Chemicals in Hot Cheetos can damage stomach lining, provoking inflammation. That damage can reduce the ability of the stomach to properly digest food, new studies show.</p> <p>Yet teens seem largely unaware of — or unconcerned by — by the emerging data on these risks. Their consumption of Hot Cheetos has now surpassed that of healthy snacks. In the past year alone, Hot Cheetos consumption by Bell High School students has _____. That's the findings of a Bell High School survey conducted last month.</p>