

Teach

Analyze Conflict

- Remind students that an **external conflict** is between a character and an outside force or other character, while an **internal conflict** is a struggle the character has within his or her own mind.
- Ask students to explain Dave's reason for wanting to get "thicker." (He says he doesn't care about getting stronger if no one can tell, so it seems he wants to get "thicker" just to impress others.)

Possible response: Dave struggles with his thoughts and feelings about not looking very athletic despite being an athlete. This indicates an internal conflict. His conflict is caused by his desire to impress other people.



Targeted Passage

Text Support for paragraph 4

For additional support, have students read this critical section of the text in **Summary with Targeted Passages** and use the **Reading Check** questions to aid their comprehension.

Vocabulary in Context

metabolism: The human body turns food into energy in a process called *metabolism*. The food we eat turns into muscle or fat or is burned off with physical activity.

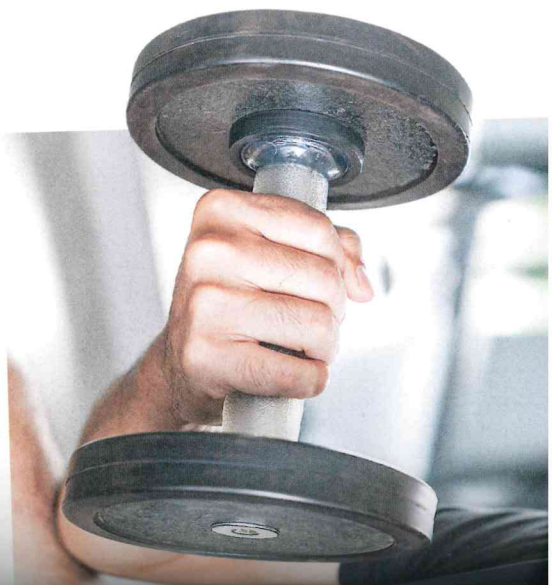
ASK STUDENTS why Dave is complaining about having a fast metabolism. (Dave is trying to gain weight, but his body burns all the calories he eats.)

moot: Dave views eating a Snickers as moot since he

ANALYZE CONFLICT

Annotate: In paragraph 2, mark Dave's motivation for exercising.

Draw Conclusions: Does Dave mainly struggle with an external conflict or an internal conflict? Explain.



metabolism
(mī-tāb-ə-līz-əm) *n.* A living thing's metabolism is the chemical processes that give it energy and produce growth.

moot
(moot) *adj.* Something that is moot is unimportant or irrelevant.

supplemented my meals with weight-gainer shakes, egg whites, boiled yams, and tubs of cottage cheese. I forced myself to swallow the daily caloric intake equivalent of three overweight men and still wasn't able to increase my mass. (I have a ridiculously fast **metabolism**.) Over Christmas break I cut out all useless movement, like Ping-Pong and staircases, because I'm like a sieve—the 83 calories in a mini-Snickers bar is moot because I waste 90 chewing it.

I returned to school in January depressed, because I was still Heartbeat in everyone's eyes. I constantly weighed myself. At least once an hour, no matter where I was, I'd find a bathroom so I could take off my shirt and flex in the mirror for a couple of minutes. I was so frustrated that nothing was working—but the frustration didn't last. I was sitting in study hall two weeks ago when Sarah said the magic words: "Have you been working out, Dave? You look bigger." I couldn't tell if you were being sarcastic. I went home and inspected myself in the mirror. I did look bigger!

But then I realized the reason: I'd accidentally worn two T-shirts under my rugby shirt that day. It was just an illusion. I was **futilely** stuffing my face and religiously pumping iron and failing to alter my appearance, and now I'd stumbled on the simplest solution to looking bigger. I felt like I was under my turtleneck. I felt solid. By the end of last week, I was wearing three T-shirts under my rugby shirt. This Monday I tucked four T-shirts under my plaid button-down. It gave me traps that didn't exist. My Q-tip-sized shoulders transformed

into NBA-grapefruit delto regarded me differently. It I'd never seen before, as if walking down the hallway have twisted awkwardly b exploded, and all my T-sh the hallway was empty an I realized I had artifici buttockdowns were so tigh extra layers into my pants, the cloth up in random pl on my shoulder or someth dinner last night. "I don't reflect poorly on you guy "What are you talking You're still my little boy," r headlock and giving me a "I need a new ski jacke clap my hands with all the out of control at this poin sweater were smushing m was a small price to pay: r I reminded myself.

After dinner I went to I opted to hang out on the because it was so hot insic but Sarah was in the baser talking and she noticed th "You're trembling," she sai I was nervous talking to h but in reality I was on the wearing four tight T-shirt wool sweater, not to ment tube socks to add heft to r squeezed my biceps.³

"Jeez, Dave, how man. I couldn't even feel he "I have to go," I said, e the basement. Everyone w everyone except me was h

¹ traps... deltoids: traps (short for trapezius) and deltoids are triangular muscles that connect the shoulder to the arm.
² goiter: swollen thyroid gland often caused by iodine deficiency.
³ quads... biceps: quads (short for quadriceps) are the large muscles in the back of the thigh; biceps are the large muscles in the front of the upper arm.