

Eat Right, Feel Great!

Eating foods that are good for you will help you feel great. What should you eat? Experts say a healthy diet is made up of foods from these groups.



Hazan/Shutterstock

Whole grains help your heart and give you energy. Try whole-grain breads and crackers, oatmeal, and plain popcorn.



Photodisc

Fruits and vegetables help your heart, eyes, skin, and teeth. Try apples, oranges, grapes, carrots, broccoli, and peppers.



Jupiter Images

Dairy foods build strong bones and teeth. Try low-fat milk, yogurt, and cheese.

Chicken: James "BO" Insogna/
Shutterstock; beans: Photodisc

Meat and beans build strong muscles. Try fish, chicken, kidney beans, lima beans, and nuts.

Name: _____ Date: _____

Directions: Answer the following four questions based on the information in the passage.

1. What are the four food groups discussed in the passage?

2. What do whole grains do for your body?

3. If someone has weak bones, what food group should he or she eat more of?

4. What is this passage mostly about?

Directions: Please read the sentence below and then write the word or phrase that best answers the questions. The first answer has been provided for you.

People should eat foods from the different food groups every day to stay healthy.

Who? people

5. (should) What?

6. When?

7. Why?

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Meat and beans help build muscles, _____ your diet should include foods such as chicken, nuts, or kidney beans.

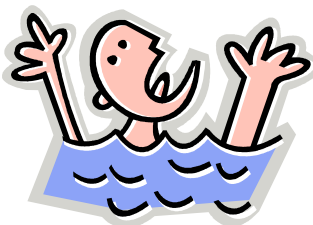
- A but
- B because
- C so

Directions: Read the vocabulary word and definition below. Then answer questions 9 and 10.

Vocabulary Word: **expert** (ex · pert): someone who knows a lot about a particular subject.

9. Read the sentences below and underline all forms of the word **expert**.
- a. He practiced tennis all summer and became an expert by the end, winning every match.
 - b. Doctors are experts on health, so they know what to do when we get sick.
 - c. My dad is an expert dog trainer who can teach all dogs to sit and roll over.
 - d. The chef was an expert cook whose meals were all delicious.
 - e. I am an expert bike rider now and can ride my bike anywhere.

10. Which picture below shows an expert swimmer?



Teacher Guide and Answer Key

Passage Reading Level: Lexile 710

Featured Text Structure: Enumerative – the writer includes a list, giving examples of something. This text structure is often combined with cause/effect or problem/solution.

Passage Summary: The passage discusses how eating right can make you feel great. It describes four food groups: whole grains, fruits and vegetables, dairy foods, and meat and beans.

To the Teacher: Read the passage aloud to the class [TIP: while reading aloud, show the passage on a whiteboard or give each student a copy of the passage so they can follow along].

Then, use the text-dependent questions 1-8 to facilitate a whole class discussion to ensure students comprehend the key details from the passage.

Finally, use questions 9-10 to deep teach one important vocabulary word [TIP: you can use the model provided for teaching additional vocabulary].

1. What are the four food groups discussed in the passage? [Important Detail]

Suggested answer: The four food groups discussed in the passage are whole grains, fruits and vegetables, dairy foods, and meat and beans.
[paragraphs 2, 3, 4, 5]

2. What do whole grains do for your body? [Important Detail]

Suggested answer: Whole grains help your heart and give you energy.
[paragraph 2]

3. If someone has weak bones, what food group should he or she eat more of? [Inferential]

Suggested answer: If someone has weak bones, he or she should eat more dairy products. [paragraph 4]

4. What is this passage mostly about? [Main Idea]

Suggested answer: The passage is about the different food groups that people should eat from to be healthy.

Directions: Please read the sentence below and then write the word or phrase that best answers the questions. The first answer has been provided for you.

People should eat foods from the different food groups every day to stay healthy.

Who? people

5. (should) What? **eat foods from the different food groups**
6. When? **every day**
7. Why? **to stay healthy**
8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Meat and beans help build muscles, _____ your diet should include foods such as chicken, nuts, or kidney beans.

A but

B because

C so

To the Teacher: ReadWorks recommends that you teach this vocabulary word to the whole class out loud using the four steps listed below.

Vocabulary Word: **expert** (ex · pert): someone who knows a lot about a particular subject.

Step 1: Introduce the word

- a. Teacher writes the word on the board and divides it into syllables: (ex · pert)
- b. Teacher says: "This word is expert. What is the word?" [All students reply together out loud: "Expert."]

Step 2: Provide a child-friendly definition

- a. Teacher says: "An expert is someone who knows a lot about a particular subject."
- b. Teacher says: "People who know a lot about eating right say that you should eat healthy foods from all the food groups. These people are experts in nutrition."
- c. Teacher says: "What is the word?" [All students reply together out loud: "Expert."]

Step 3: Practice the word

Teacher provides examples and additional opportunities to repeat the word. Read the first sentence out loud to your students. Begin reading it again and when you come to the vocabulary word prompt students to say the vocabulary word out loud. Then, finish reading the sentence out loud to your students.

Directions: Read the vocabulary word and definition below. Then answer questions 9 and 10.

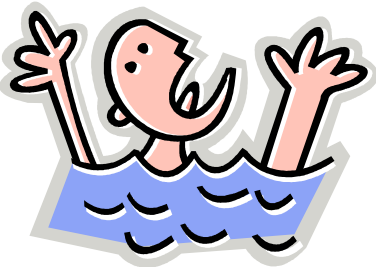
Vocabulary Word: **expert** (ex · pert): someone who knows a lot about a particular subject.

9. Read the sentences below and underline all forms of the word **expert**.
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 - Doctors are experts on health, so they know what to do when we get sick.
 - My dad is an expert dog trainer who can teach all dogs to sit and roll over.
 - The chef was an expert cook whose meals were all delicious.
 - I am an expert bike rider now and can ride my bike anywhere.

Step 4: Check for student understanding

To the Teacher: This step can be completed as a whole class activity or as an independent practice.

10. Which picture below shows an expert swimmer?



Suggested Additional Vocabulary: healthy, groups, energy