

Name _____

Read the selection. Then answer the questions that follow.

Thursday

Food

You should eat many different foods each day. Your body needs food.

Food helps you move and think. Food helps your body grow and stay healthy.

Some foods keep you from feeling tired. You should eat foods like bread, rice, and cereal so you have energy to run and play.

Fruits and vegetables taste great. They are also fun to eat. They help keep your body from getting sick. They help get rid of your body's waste too.

Your body needs foods such as beans, eggs, meat, and fish. You need milk too. These foods help your body grow, and they help you get better if you are sick or hurt.

You should stay away from foods with sugar in them. Too much sugar is not good for your body.

Learning about food is interesting. Read about different foods. Use what you learn to make good choices about what to eat. Choosing good foods makes you feel and look good.

Turn the page.

Answer the questions below.

1 Which sentence tells an opinion?

- Your body needs food.
- Learning about food is interesting.
- They help get rid of your body's waste too.

2 Which sentence tells a fact?

- You need milk too.
- They are also fun to eat.
- Read about different foods.

3 Which sentence tells an opinion?

- Fruits and vegetables taste great.
- Food helps you move and think.
- Some foods keep you from feeling tired.

4 Which sentence tells a fact?

- They are also fun to eat.
- Learning about food is interesting.
- Food helps your body grow and stay healthy.

5 What do you do *after* you read about different foods?
