

NAME: _____ DATE: _____

DIRECTIONS

Read the text and then answer the questions.

What do you eat for breakfast? A good breakfast is an important part of staying healthy and active. Your body requires the energy you get from food. It uses that energy to help you grow, move, and think. When you eat a healthy breakfast, your brain works better. You can focus in class, learn more, and do better in school. A healthy breakfast also helps you to avoid feeling hungry. You can make better food choices when you eat lunch and have snacks later in the day. When you eat a healthy breakfast, you have more energy. This way you can enjoy doing more things. A healthy breakfast also helps your hands and eyes work together better, making it easier for you to play sports. So don't skip breakfast! It's a very important meal.

SCORE

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

___ / 5

Total

1. Which type of image would tell a reader more about this text?

- (A) a picture of a hand
- (B) a picture of a healthy breakfast
- (C) a fast-food menu
- (D) a calendar showing the day's schedule

2. What does the text tell a reader about why it is important to eat breakfast?

- (A) Your body needs the energy you get from food.
- (B) Your brain does not work well if you eat breakfast.
- (C) You get very hungry if you eat breakfast.
- (D) It is hard to make good food choices if you eat breakfast.

3. Which word from the text does **not** make a new word by adding the prefix *re-*?

- (A) think
- (B) uses
- (C) works
- (D) brain

4. How many adjectives are in the following sentence: *A good breakfast is an important part of staying healthy.*

- (A) four adjectives
- (B) five adjectives
- (C) two adjectives
- (D) three adjectives

5. What do people do when *avoiding* something?

- (A) buy it
- (B) like it
- (C) make it
- (D) stay away from it

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___ / 5

Total

There are many healthy choices for breakfast. One good choice is eggs. Eggs have a lot of protein, and protein helps your body grow. Protein is also important for making your muscles strong. It helps to stop hunger, too, so you feel more satisfied when you eat. Some people prefer fresh fruit for breakfast. Fresh fruit is very good for you, too. For example, a banana and yogurt make a tasty and healthy breakfast; so does a fruit smoothie. It is best to avoid high-fat breakfast foods such as doughnuts. They are not good for you, and they do not really satisfy your hunger. It is wiser to choose a breakfast that has whole grains, fruit, and protein. What will you have for breakfast tomorrow?

1. Which prediction is most accurate after previewing the first sentence of the text?

- (A) The text is about health class.
- (B) The text is about diets.
- (C) The text is about eating healthy food.
- (D) The text is about skipping breakfast.

2. According to the text, why is it best to avoid *high-fat breakfast foods such as doughnuts*?

- (A) They include healthy fruit and whole grains.
- (B) Eggs have a lot of protein.
- (C) They are not good for you, and they do not really satisfy your hunger.
- (D) They are much more expensive than healthy foods are.

3. Which word has the same vowel sound as *feel*?

- (A) red
- (B) wet
- (C) hear
- (D) knew

4. Which means the opposite of *wiser*?

- (A) smaller
- (B) more foolish
- (C) better
- (D) smarter

5. What does it mean if something *satisfies your hunger*?

- (A) It takes a long time to eat.
- (B) It tastes delicious.
- (C) It makes you feel more hungry.
- (D) It stops your hunger.

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5. (Y) (N)

___ / 5

Total

One very popular food choice for breakfast is cereal. Cereal is convenient because it is easy to make and does not take long to eat. Some kinds of cereal are very good for you; for example, cereals with whole grains help to keep your heart healthy. They give you energy, too. Some cereals have fruit and nuts in them, and those are also very good for you. Choosing your cereal carefully is important. Some cereals have lots of sugar but not many whole grains. Those cereals are not good for you. That is why it is best to choose a cereal that does not have a lot of sugar. But it is also important to decide on a cereal that tastes good. So look for cereals that have crunchy nuts, fruits you like, and a good, toasty flavor. You will have a tasty breakfast that is also good for you.

1. Which word tells a reader more about this text while previewing it?

- (A) whole
- (B) healthy
- (C) flavor
- (D) nuts

2. How can cereals with whole grains help your body?

- (A) They help you to hear better.
- (B) They help your bones to grow.
- (C) They help you to see better.
- (D) They help keep your heart healthy.

3. What is the root word in *choosing*?

- (A) hose
- (B) choose
- (C) sing
- (D) choice

4. Which word is an adverb?

- (A) carefully
- (B) cereal
- (C) choosing
- (D) your

5. Which of these is an example of alliteration?

- (A) *good, toasty flavor*
- (B) *crunchy nuts*
- (C) *heart healthy*
- (D) *cereal carefully*

NAME: _____ DATE: _____

THE CEREAL MAN

Did you have cereal for breakfast this morning? If you did, you're not alone. Millions of people eat cereal for breakfast every day. In fact, cereal is popular all over the world. It all started with one man, Will Keith Kellogg.

Will was born on April 7, 1860, in Battle Creek, Michigan. His first job was as a stock boy at the Battle Creek Sanitarium. A sanitarium is a special kind of place that is a little like a hospital. A *sanitarium* is meant for people who are ill for a long time or who are getting over a serious illness. Will had other jobs as he got older. But when he grew up, he became manager of the sanitarium. His brother, John, was the chief doctor there.



Will Keith Kellogg

One big problem at the sanitarium was the patients' diets. The patients needed healthy diets, but it was also important for the food to taste good. Will was trying to find a good food choice to take the place of bread, but it wasn't going very well. Then, by accident, Will found something even better. He left some wheat to cook too long. When it was rolled out, it formed large, thin flakes. He asked his brother to serve it to the patients, and they loved it! In fact, they liked it so much that they wanted breakfast flakes sent to them even after they left the sanitarium. So Will started a new business in 1884: selling packaged breakfast flakes. Before long, Kellogg's breakfast cereal was popular in other countries, too. Today, there are many kinds of breakfast cereals. But it all started with one man and one idea.

Will did more than just create breakfast flakes. His company made a lot of money. But he did not keep it. He used much of his money to help children. He also used his money to help in several other charities. Will Kellogg died in 1951. But his most famous invention is as popular as ever.

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DIRECTIONS

Read "The Cereal Man" and then answer the questions.

SCORE

1. Which paragraph gives Will Kellogg's date of birth?

- (A) the first paragraph
- (B) the second paragraph
- (C) the third paragraph
- (D) Will's date of birth is not provided.

2. What did Will do before he became manager of the sanitarium?

- (A) He used his money to help children.
- (B) He started a new company.
- (C) He invented breakfast flakes.
- (D) He was a stock boy.

3. What is the author's purpose?

- (A) to describe Will Kellogg and his invention
- (B) to get the reader to buy cereal
- (C) to explain how to make cereal
- (D) to explain where Battle Creek is

4. What might have happened if Will's brother had not served breakfast flakes to his patients?

- (A) People would not know about cereal.
- (B) The patients would love breakfast flakes.
- (C) Will Kellogg's company would have become very successful.
- (D) Will would have invented breakfast flakes.

5. Which of these would be a good word to describe Will Kellogg?

- (A) selfish
- (B) nervous
- (C) lazy
- (D) generous

6. Which is probably **not** a way that people learned about cereal in 1884?

- (A) by talking to people about it
- (B) on the Internet
- (C) by reading about it
- (D) by seeing it in stores

7. Which lesson does this text teach about inventions?

- (A) It is too hard to invent new things.
- (B) Healthy food can never taste good.
- (C) Inventing new things can be dangerous.
- (D) Great inventions can be accidental.

8. Why was it so important for the patient food to taste good?

- (A) People could not find unhealthy food.
- (B) People wanted to eat food that did not taste good.
- (C) People would not eat healthy food that didn't taste good.
- (D) People needed to eat more food.

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

6. (Y) (N)

7. (Y) (N)

8. (Y) (N)

___ / 8

Total

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DIRECTIONS

Reread the text “The Cereal Man.” Then, read the prompt and respond on the lines below.

SCORE

___ / 4

What are your favorite cereals? Why? What do you like about them? Explain your answers.
