Norwich Free Academy
English Department

English Learner
Beginner
Summer Reading

Student Name: __________________________
Celebrate National Nutrition Month!

March is National Nutrition Month. You can celebrate this special month by learning how to eat healthfully.

The ABCs of Good Health

Good health is the main goal of the American Dietetic Association. This organization gives people tips on how to live well. They say that being healthy is as easy as learning your ABCs.

Aim for Fitness!

Being healthy means getting exercise. Take time each day to play games or sports that get your body moving.

Build a Healthy Base!

Use the government's food plate symbol to help you decide what to eat during the day. The right mixture of foods will give you the energy you need to work and play.

Choose Sensibly!

Choose healthful foods. Try not to eat foods that contain lots of sugar. That
Healthy Habits

The American Dietetic Association offers these tips for living well:

· **Break for breakfast.** You'll think better at school with a full stomach.
· **Keep clean.** Wash your hands often to stop germs from spreading.
· **Drink up!** Drink plenty of water each day—and even more during hot weather.
1. The main idea of this passage is:
   A. Exercise is good for you.
   B. Being healthy is important to living well.
   C. Drink a lot of water.
   D. The food pyramid is a useful guide.

2. The author writes, "being healthy is as easy as learning your ABC's," because
   A. Being healthy starts in school.
   B. It is important to teach others to be healthy.
   C. Being healthy is so easy a very young person can do it.
   D. The steps to being healthy start with A, B, C.

3. The following is not a detail from this passage.
   A. It is important to drink a lot of water.
   B. You need to drink extra water on hot days.
   C. It is important to keep water clean.
   D. Exercise is very important.

4. The following is a fact.
   A. Breakfast is a delicious meal and should not be missed.
   B. Washing your hands is fast and will feel good.
   C. Learning to be healthy is easy.
   D. The right mixture of foods will give you energy.

5. Tell one detail from this passage and explain how it supports the main idea.
Where Does Food Go?

What happens after you bite into a piece of food? First you chew the food, and then it travels through your body's digestive system. That system breaks down the food into small pieces so that it can be used as energy for your body. Open up, and follow the path of food.

Look at the Digestive System

Food travels to several places as it is digested, or broken down. Follow the trip food takes from the mouth to the intestines.

Breaking Down Your Food

When you take a bite out of an apple and start to chew, the apple mixes with the liquid in your mouth called saliva. Your saliva helps break down food.
Sending Food to Your Stomach

When you swallow food, it travels down a tube called the esophagus. That tube leads to your stomach.

Turning Food Into Liquid

The stomach is made up of muscles that squeeze the food and mix it with special juices. That turns the food into liquid.

Carrying Nutrients to Your Body

The liquid moves to the intestines, where it is broken down again. The healthy parts of food that your body needs, called nutrients, are sent to other parts of your body. The unhealthy parts are pushed out of your body.

Your Body Burns Calories

A calorie is a unit of energy. Your digestive system works to break down food, and your body burns the calories from food. Look at how many calories you can burn doing some everyday activities.

Activity, Time, and Calories Burned
Watch television

- 30 minutes
- 16 calories

Walk the dog

- 30 minutes
- 66 calories

Pick up litter

- 30 minutes
- 76 calories
Play soccer

- 30 minutes
- 104 calories

Swim

- 30 minutes
- 202 calories
1. After reading the first paragraph, you can guess that this article is mostly about:
   A. how much you should eat a day.
   B. chewing food.
   C. how fast you can eat an apple.
   D. how your body digests food and turns it into energy.

2. Which sentence would not make sense in this passage?
   A. Chewing your food well can help your body to digest.
   B. Doctors are trained for many years.
   C. Your body needs energy to live.
   D. Digestion is an important process in the body.

3. Calories are
   A. burned during activities so that your body has energy.
   B. a type of food.
   C. used to tell you how much fun an activity is.
   D. used to make food.

4. The most effective way of burning calories is to
   A. play soccer.
   B. walk the dog.
   C. watch television.
   D. swim.

5. Write a new title for this passage.
Junk Food Battles

Joe Raedle/Getty Images

Is fast food part of your diet?

Are potato chips, soft drinks, and cookies part of your diet? If you're like many kids, the answer is yes. Health experts say that Americans are eating too much junk food. It makes up almost one-quarter of the American diet!

The U.S. government is helping people change their eating habits. More than half of Americans are overweight. Being overweight can lead to health problems.

USDA.gov

Nutritious foods can be fun and tasty!

In a recent report, the government said people should eat foods that are higher in nutrients and lower in fat. Nutrients give you energy and help your body stay healthy. Some foods that are good sources of nutrients are fruits, vegetables, and whole grains such as brown rice and whole-wheat bread.
A healthful diet is not the only way people can keep their bodies fit. The new guidelines say kids should exercise for at least one hour a day.

Fantastic Foods

If you think eating healthful foods is boring, think again! Nutritious foods can be fun and tasty. Just ask the kids at Meadowbrook Elementary School in Fort Worth, Texas. They recently taste-tested foods, such as sweet potato pancakes and blueberry burgers.

The U.S. Department of Agriculture held the taste test. That group wants to help schools find ways to serve healthful foods and meet the new dietary guidelines.

"These new dietary guidelines represent our best ... advice to help Americans live healthier and longer lives," said one government official.

Hidden Sugar

Experts say that kids are eating too much sugar. If you look at a food label, you might have trouble spotting the sugar. That's because sugar can have many different names.

Here are some of them:

corn sweetener
fructose
lactose
corn syrup
glucose
maltose
dextrose
sucrose
molasses
1. It is an opinion that
   A. healthy food is boring.
   B. healthy food is not boring.
   C. healthy food tastes good.
   D. all of the above.

2. It is a fact that
   A. nutrients give you energy.
   B. watching television is fun.
   C. blueberry burgers are delicious.
   D. exercise is not fun.

3. It is a _______ that kids in Meadowbrook Elementary School ate sweet potato pancakes.
   A. opinion
   B. mistake
   C. joke
   D. fact

4. Some different names for sugar are
   A. honey, fructose and salt.
   B. sucrose, corn syrup and cinnamon.
   C. glucose, molasses, and cream.
   D. lactose, maltose and dextrose.

5. What are some sources of whole grain?
Will You Go to School This Summer?

Many schools are finding that students learn better and remember more when they go to school all year long.

Does that mean students won't get a vacation? No. It means that students will get many short vacation breaks instead of just one long one.

What Do Students Say About Year-Round School?

It's Good!

- I can remember more of what I learned.
- I like having more breaks.
- Summer gets boring, and I miss my friends.

It's Bad!

- I can't go to summer camp.
- I like to play outside and swim in the warm weather.
- It's too hot to be in school in the summer.
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Will You Go to School This Summer? - Comprehension Questions

Name: ______________________ Date: ______________

1. What kind of vacations do students in year-round schools get?

2. What is one reason students say that year-round school is good?

3. What is one reason students say that year-round school is bad?

4. What is the topic of this passage?

5. The question below is an incomplete sentence. Choose the word that best completes the sentence.
   Some students like year-round school ______ they get lots of breaks.
   A. because  
   B. so  
   C. but

6. If you do not want to get cold on your vacation, where should you go?