# Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Read the next two selections. Then answer the questions that follow them.

# **Menus and Labels**

*1* It is very important to read the labels on the food you buy at the grocery store. When you read the **label**, you can see how many nutrients are in that food, and how many other things- (things that you may NOT want) are in the food as well. When I decide what to buy at the store, I try to find foods high in nutrients, but low in sodium (salt), fats, and cholesterol.

*2*One of the most damaging kinds of fat for your body is called trans-fat. It can cause heart disease and, unfortunately, it is in many of the foods we eat every day. Doctors recommend that people not eat more than 1 gram of trans-fat each day. To find out if your food has trans-fats, you have to read the list of ingredients. If it says, “partially hydrogenated oil,” the food has trans-fats. Go to your pantry and read the ingredients on the boxes and cans. Look how many have partially hydrogenated oils! I am always very careful to avoid these foods as much as possible. In some countries, it is illegal to put partially hydrogenated oils in food because it is so bad for people. Unfortunately, in our country it is still legal so we have to watch out for ourselves and for our families.

*3*Menus can also provide information about nutrients in your food. When you read a menu at a hamburger restaurant, for example, you can see which hamburgers are just meat and cheese (some protein and calcium, but few other nutrients), and which hamburgers have lettuce, tomato, and pickles for more vitamins. When you read a menu, look for vegetables; they will give you many nutrients you need! You can also ask the waiter or waitress at a restaurant about ingredients. The more you know, the better choices you can make about food.

*4*Reading about what you are eating helps keep you informed about what you are putting in your body. It is important that you know what you are eating so you can be in control of your own health. Look for foods high in vitamins and minerals. Calories are not all bad, but you want to limit your intake of them because calories are energy. You don’t want to eat more calories than your body needs or than you plan to work off by exercising!

# Cereal Choices

*1* Yesterday, my mom said I could buy a new cereal for breakfast. I looked at Whole Wheat Flakes and Puffy Corn Cereal to decide which would be the best choice. They each had some things the other didn’t have, but it was clear which had more nutrients.

Puffy Corn Cereal

Amount per serving:

Calories 200

Calories from fat 0

% daily value

Total fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 50g 18%

Dietary Fiber 0g 0%

Sugars 26g

Protein 2g

Vitamin A 8%

Vitamin C 8%

Calcium 0%

Iron 8%

Vitamin D 10%

Thiamin 20%

Riboflavin 20%

Niacin 20%

Vitamin B6 20%

Folic Acid 20%

Vitamin B12 20%

Phosphorus 0%

Magnesium 0%

Zinc 8%

Copper 0%

Whole Wheat Flakes

Amount per serving:

Calories 110

Calories from fat 10

% daily value

Total fat 1g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 10%

Sugars 5g

Protein 2g

Vitamin A 10%

Vitamin C 100%

Calcium 100%

Iron 100%

Vitamin D 10%

Thiamin 100%

Riboflavin 100%

Niacin 100%

Vitamin B6 100%

Folic Acid 100%

Vitamin B12 100%

Phosphorus 8%

Magnesium 6%

Zinc 100%

Copper 4%

*2*Mom said, “Look at the list of nutrients, beginning with Vitamin A. Which looks better for you?”

*3*“Whole Wheat Flakes,” I answered, “But it has more fat.”

*4*“That’s true, but a little fat is okay when there are that many vitamins and minerals,” she explained.

*5* I decided on the Whole Wheat Flakes and they even tasted good! Reading labels really does give a lot of information!

Use “Menus and Labels” to answer questions1-5.

**3** Which of these might be a headline in

an advertisement for a restaurant selling healthful foods?

**A** Stuff Yourself on Our Fried Foods!

**B** High-Fat Foods Here!

**C** Have a Burger!

**D** Veggies In Every Dish!

**5** What is the main idea of paragraph 4?

**A** Your mom should decide what you eat.

**B** Your dad should decide what you eat.

**C** Read labels and menus so you can decide what you eat.

**D** You should exercise.

**4** According to this passage, what is the

main reason you should read menus carefully?

**F** You will know what your foods are made of.

**G** You can see how many calories are in your food.

**H** You can see pictures of your food.

**J** You can see how much everything costs.

**2** If you see “partially hydrogenated

soybean oil” in the list of ingredients, what do you know about that food?

**F** It can cause blindness.

**G** It tastes good.

**H** It is expensive.

**J** It can cause heart disease.

**1** Which definition from the dictionary

applies to the way *label* is used in this passage?

**A** definition 1

**B** definition 2

**C** definition 3

**D** definition 4

**label** **1**  *n* written information on a product **2** *n* a company issuing recordings **3** *n* a descriptive word or phrase **4** *v* to stick a label to something

Use “Cereal Choices” to answer questions7-8.

**6** The reader can tell that the mother in

“Cereal Choices”-

**F** is young

**G** is busy

**H** is helpful

**J** is overweight

**8** Which completes the chart?

Whole Wheat Flakes Puffy Corn Cereal

|  |  |
| --- | --- |
| 110 Calories | 200 Calories |
| 1 gram of fat | 0 grams of fat |
|  | 2 grams of protein |
| 3 grams of fiber | 0 grams of fiber |

**F** 44 grams of protein

**G** 11 grams of protein

**H** 26 grams of protein

**J** 2 grams of protein

**7** Puffy Corn has more-

**A** Vitamin D

**B** Fiber

**C** Sugars

**D** Zinc

Use “Menus and Labels” and “Cereal Choices” to answer questions 9-10.

**10** “Menus and Labels” was different

from “Cereal Choices” because in “Cereal Choices” the author-

**F** explained the history of food

labels

**G** interviewed a doctor

**H** ate several different cereals

**J** told a story

**9** What information is in both the

“Menus and Labels” and “Cereal Choices?”

**A** Puffy Corn has more sugars.

**B** Read about nutrients in your foods.

**C** Whole Wheat Flakes taste good.

**D** You should read hamburger menus.