

My mother took me to see the doctor. I had been tired a lot.

The doctor checked my temperature. She checked my heart. Then she said, “What have you been eating? Usually I find that when someone is tired they have a nutrition problem.”

I said, we have breakfast at school and lunch, too. I have milk and cereal for breakfast. Then I eat whatever they have.

But what about dinner? And week-ends?

My mother said, “I cook good food. But she won’t eat it. She wants to eat snacks. She eats cookies and candy a lot. Then when it’s meal time, she leaves the food on her plate.”

“Now wonder you’re tired,” the doctor said. “You’re a growing girl. You need a good diet. Haven’t you heard of the food pyramid?”

“Yes, we studied that, but it’s hard to get all those kinds of foods.”

“It doesn’t sound like that is the problem,” she said. Your mother is making good food. And you’re eating candy and cookies. Do you know how much nutrition there is in those foods? They aren’t even on that pyramid. Sugar gives you a burst of energy. But they do not last. You need to have a better diet. You need good food to get your energy. You need to eat meat, fruits, and vegetables.”

When we left the doctor’s office, my mother took a booklet. It told what foods to eat I knew it was going to be a bad time.

I reached in my pocket to get a candy, and my mother grabbed it. She said that was the end of candy. So I gave her the rest of the candy. This was even worse than I thought.

On the way home, my mother bought carrots and raisins at the store. She gave them to me when we got home. I liked the raisins. But I didn’t like the carrots.

That night we had dinner. I saw she had made a salad with raisins and carrots. We had that with chicken and biscuits. I decided this big change wasn’t going to be so bad.

I still would like some candy, but I know that’s not going to happen.

## Locate and classify information – Fiction

Questions developed by Center for Urban Education for use by Chicago Public Schools 2008-2009

*Choose the best answer for each question.*

1. What is a good source of energy?

- a. sugar
- b. candy
- c. oatmeal cookies
- d. meat

3. What are good ways to classify foods when planning a diet?

- a. healthy and unhealthy
- b. sweet and sour
- c. big meals and snacks
- d. main meal and dessert

2. Which of these would not be on a good diet?

- a. oranges
- b. hamburgers
- c. potato chips
- d. milkshakes

4. What is a kind of food that would help someone be healthy?

- a. fatty
- b. high calorie
- c. nutritious
- d. snack

5. *Write your own answer to this question. What are three foods that should be part of a good diet?*

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### TEACHER NOTES: Develop Students' Skills: Exercise Thinking

These questions have not been validated, so decisions about student's achievement should not be made based on their responses. They are intended to exercise skills. Recommended activities include: students work in pairs to choose the best response; give students the questions without the responses so they generate their own answers; students make up additional questions; students make up questions like these for another passage.

**Answers:** *You can remove this answer key and then give it to students and ask them to figure out the basis for the correct response.*

Item	1	2	3	4
Answer	d	c	a	c

Question 5 is open-ended. Here is a suggested response.

Students may list foods mentioned in the passage or foods they know that are nutritious.