

Name: _____

A Healthier Choice

By Kelly Hashway



“Want to shoot hoops?” Henry asks, as he and Aliyah step off the school bus. Aliyah yawns. “No, I’m too tired. I slept well last night, but I’ve been yawning all day.”

“Probably because you had a candy bar and a slice of pizza for lunch,” Henry says.

Aliyah shrugs. “Food is supposed to give you energy, right?”

“Not all food is good for you. Sugary foods only give you energy for a little while and then you crash and feel like...” He gestures to Aliyah, who yawns again. “Like this.”

“You think I’m tired because I’m not eating right?” Aliyah shakes her head. “That’s just crazy.”

“Come on,” Henry says. “I want to show you something.”

Henry and Aliyah walk to her house and straight to the kitchen. Henry opens the pantry closet and finds a bunch of sugary cereals. Then he finds a box of oatmeal. “Here.”

“Ugh, oatmeal is so plain and boring. You need to add a ton of sugar to make it taste good.”

“No, you don’t.” Henry brings the box to the kitchen table and then opens the refrigerator. “Look, you have peaches, blueberries, and strawberries in here. If you add them to your oatmeal, it will make it sweet, and these are natural sugars so you won’t feel like you need a nap twenty minutes after you eat.”

Henry walks over to the counter and holds up two loaves of bread. “Let me

guess, you're eating the white bread."

"Yeah." Aliyah shrugs again.

"Try making a peanut butter sandwich on the whole wheat bread instead. Whole grains are better for you, and peanut butter has protein."

"Okay, I'll try that tomorrow, but I'm not giving up my candy bar for dessert."

"What about eating a granola bar instead?" Henry asks.

Aliyah rolls her eyes.

"Just try it for one day and see if you're still yawning by three thirty."

Aliyah agrees reluctantly.

The next morning, Aliyah eats oatmeal with peaches for breakfast and takes the healthy lunch her mother packed for her. She yawns a few times in the morning, but by the end of the day, she's ready to play outside.

"Race you to my house," Aliyah says, stepping off the bus.

"I guess the healthy foods gave you more energy, huh?" Henry asks.

Aliyah nods. "They were pretty tasty, too."



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1. True or false: Sugary foods do not give you energy. _____
Explain your answer.

2. What alternative to putting sugar on oatmeal does Henry suggest?

- a. chopped nuts
- b. fresh fruit
- c. peanut butter
- d. looking through old pictures

3. Henry tells Aliyah that she can make her peanut butter sandwiches healthier by...

4. How does Aliyah feel at the end of the story after she eats healthy foods for a day?

- a. tired
- b. sick
- c. energized
- d. full

5. What is the author trying to teach us in this story?

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Match each vocabulary word on the left with the correct definition on the right. Write the letter on the line provided.

- | | |
|----------------------|---|
| 1. _____ gestures | a. the ability to be active |
| 2. _____ reluctantly | b. raises and lowers one's shoulders |
| 3. _____ protein | c. opens the mouth wide while taking in a breath showing boredom or tiredness |
| 4. _____ energy | d. not willing or eager to do something |
| 5. _____ shrugs | e. accepts something |
| 6. _____ yawns | f. a substance found in foods such as meats, beans, and eggs that's an important part of the human diet |
| 7. _____ agrees | g. moves to express an idea or feeling |

Now try this: Find all of the words above in the story and highlight them.

ANSWER KEY

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1. g. gestures
 2. d. reluctantly
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 4. a. energy
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 6. c. yawns
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- a. the ability to be active
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 - f. a substance found in foods such as meats, beans, and eggs that's an important part of the human diet
 - g. moves to express an idea or feeling

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