

Reading Practice 2

Complete the text. Use the words in the word box.

these

that

them

this

In a bright kitchen, a young boy named Leo discovered a bowl of crunchy carrots. He reached out and grabbed one of them, noticing how orange and bright it looked. His mom explained that _____ was a superpower snack because it helped him see better in the dark. Leo took a big bite and smiled, realizing that **those** were much tastier than the sugary chips he usually chose.

Next, Leo's sister, Mia, brought over a plate of sweet blueberries. She handed a few to her brother and told him that these were like little brain boosters. As he popped _____ into his mouth, he felt a burst of cool juice. He had always ignored **that** fruit before, but now he decided that **this** would be his new favorite treat for after-school energy.

Finally, their father set a large salad on the table for dinner. It was filled with green leaves, seeds, and red peppers. "If you eat **this**," Dad said, "your muscles will grow strong and fast." The kids shared the bowl until _____ was completely empty. They felt great knowing that _____ healthy choices were making their bodies feel powerful and ready for a big day of play tomorrow.

Scan the text for these sentences. What nouns or noun phrases do the blue pronouns refer to.

1. His mom explained that **this** was a superpower snack because it helped him see better in the dark.
2. He had always ignored **that** fruit before, but now he decided that **this** would be his new favorite treat for after-school energy.
3. "If you eat **this**," Dad said, "your muscles will grow strong and fast."