## Part 1—Preview

Look at the picture. Write 3 details that you notice. Write sentences.

1)
2)
3)



Now write 2 questions you have about the picture.

1)
2)

## Part 2—Vocabulary

Read the article. Infer the meaning of each key (important) word.
Do **NOT** copy a dictionary definition!
*Infer = use context clues to guess the meaning*

| nutrients | inflammation | impulses | vitamins | sodium |
|---|---|---|---|---|
| | | | | |

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## Part 3—Read and Identify main ideas.

Junk food is food that is high in calories but low in nutrients. It is often high in sugar, fat, and salt. Junk food can be found almost everywhere. It can be hard to resist because it tastes good. But eating too much junk food can be bad for your health.

Eating junk food can make you gain weight. It can also increase your risk of getting sick. Junk food can cause heart disease, diabetes, and cancer. It can also damage your liver and kidneys.

Junk food can make your brain want more, even when you're not hungry. Your brain likes to do things that feel good. When you eat junk food, your brain releases a chemical called dopamine. Dopamine makes you feel good. But your brain can get used to the feeling of dopamine. This means you need to eat more junk food to feel the same amount of pleasure.

Junk food can also make you impulsive. This means you might make decisions without thinking about them. This is because junk food can affect the part of your brain that helps you control your impulses.

Junk food can also cause inflammation in your brain. This is like when you eat food that you are allergic to and your mouth gets swollen. Inflammation in the brain can damage brain cells.

Junk food can also raise your blood sugar. This is because junk food is high in carbohydrates. When you eat carbohydrates, your body breaks them down into sugar. This sugar goes into your bloodstream. Your body releases insulin to help move the sugar into your cells. But if you eat too much junk food, your body can become resistant to insulin. This can lead to diabetes.

Junk food is also high in fat and sugar. This can lead to weight gain and heart disease. Junk food is also high in sodium. Sodium can raise your blood pressure. High blood pressure can damage your heart and blood vessels.

**Highlight** the topic sentence of the paragraph.
In one or two words, tell the **main idea**.

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## Part 4— Comprehension Questions

Answer the questions. Tell in which paragraph you found the answers.

| Question | Answer | Where? |
|---|---|---|
| What does your body do to carbohydrates? | | |
| Tell 2 effects of junk food on your body. | | |
| Tell 2 effects of junk food on your brain. | | |
| Tell 3 bad ingredients in junk food. | | |
| Why do you eat junk food when you're full? | | |

## Part 5—Reflection

Write a topic sentence and at least 5 detail sentences about the questions.

How much junk food do you eat every day? Why? Do you see any bad effects?

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