

Name: _____ Class: _____

Date: _____

Learning Outcome: I can identify the main idea and supporting details of a text.

Choice 1

Directions: Read the story below and answer the questions.

There are many benefits to making your own meals at home. If you make your own meals, you know what ingredients go into them. You can include fresh and healthy vegetables. You can also make sure that your meals fit your dietary needs; for example, if you are diabetic, you can make low sugar meals. It also saves money, since going out to eat every day is expensive. Making your own meals can help you lose weight because you are controlling the portion size of your food. Portion sizes in restaurants are usually larger than what an average person should eat. If you make your own meals, you can also have dinner parties with your friends. Bonne appetite!



1. What is the topic of the story?
A. Portion size B. Eat Fresh Vegetables C. Make your own meals
2. What is the main idea of the story?
A. There are many benefits to making your own meals.
B. Bonne appetite!
C. Fresh vegetables are good for you.

3. Circle two details from the story.
A. You know what ingredients go into them.
B. Dinner parties are fun.
C. It also saves money.
4. Why is it good to make your own meals if you are diabetic?
A. It is expensive to eat out.
B. You can make low sugar meals.
C. You can have dinner parties with friends.
5. Why does making your own meals help you lose weight?
A. People like their own cooking.
B. Friends will tell you what to eat.
C. You can control the portion sizes.
- B 6. What is a good title for this story?
A. Eating Dinner with Friends
B. Benefits of Making Your Own Meal
C. Restaurant Portion Sizes

B = Bonus = 1 pt.