

Part 2: Read. Write YES or NO.

Mom: It's time for dinner!

Katie: Mom, can I have cakes today? Uncle Ben gave me some really nice ones.

Mom: Cakes are not always good for you.

Katie: Why mom?

Mom: You need food that gives you a lot of energy but also has protein and vitamins. You should eat fish and nuts because they are good for the brain. People call them 'brain food'. Vegetables are good for you, too.

Katie: How about rice, pasta, or noodles?

Mom: They are carbohydrates and also good if you don't eat too much.

Katie: Okay. So I guess no cake for dinner.

Mom: How about having some chicken pasta and broccoli for dinner Katie? Then we can have cake for dessert!

Katie: Yeah! Awesome!

New word:

brain =



Question :

Example:

Katie wants to have cake. **YES**

1. Uncle Ben gave Katie some fish.

2. Mom thinks that cakes are very good for Katie. _____
3. Food like fish and nuts are good for the brain. _____
4. Rice and pasta are not carbohydrates.

5. Katie will eat chicken pasta and broccoli for dinner. _____