

# Main Idea Worksheet #2

Instructions: Read the stories below and answer the questions.

## Story A:

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?
2. What is the main idea of the story?
3. What is one detail from the story?
4. What is another detail from the story?
5. Why is it good to make your own meals if you are diabetic?
6. Why does making your own meals help you lose weight?
7. What is a good title for this story?



### Story B:

Many of us have trouble sleeping at night. This is not good because not getting enough sleep every night is very unhealthy. There are many things you can do to get a good night's sleep.

You should make sure your bedroom is set up for sleeping. This means keeping the room dark, at a good temperature and with no distractions. You should NOT have a TV in your room because it is a distraction from good sleep.

You should also keep to a regular sleep schedule. This means going to bed and getting up at the same time every day. A regular sleep schedule helps you sleep better.

You should also avoid eating at least 1 hour before going to bed. Especially any foods that contain caffeine such as: chocolate, tea, or coffee.



Sleeping is essential for a healthy life, so try some of these ideas and have a good night's sleep!

1. What is the topic of the story?
2. What is the main idea of the story?
3. What is one detail from the story?
4. What is another detail from the story?
5. Why should you not have a TV in your room?
6. What does it mean to have a regular sleep schedule?
7. When should you stop eating before going to bed?
8. What is a good title for the story?