

# Main Idea and Details

## Super-Size

The ostrich egg is the largest egg of any living bird. An average ostrich egg is about six inches long and five inches wide. The egg weighs about three pounds. It would take about six times longer to hard-boil an ostrich egg than it would to hard boil a chicken egg. Even though an ostrich egg is the largest of all bird eggs, it is the smallest egg relative to the size of the adult bird.

What is the Main Idea?

- A. An ostrich egg is about six inches long.
- B. An ostrich egg is the largest of a bird's eggs.
- C. An ostrich egg weighs about three pounds.

Write one detailed sentence.

---

---

## Finding Balance

A balanced meal is made up of all the main food groups. The next time you eat, check that you have some fruits and vegetables, some proteins (meat or beans), some grains (like rice or pasta), and some dairy (like cheese) on your plate. Try to avoid foods that have sugary, salt or fat. Eating balanced meals every day can help to keep you healthy.

What is the main idea?

- A. Try to stay away from foods that have too much sugar, salt, or fat.
- B. Check to see that you have beans and cheese on your dinner plate.
- C. Eating meals made up of all the food groups every day can help to keep you healthy.

Write one detailed sentence.

---

---

