

NAME: _____

DATE: _____

DIRECTIONS

Read the text. Answer the questions.

SCORE

Would you eat ten packs of sugar? A can of soda may have that much sugar. The best drink for your body is water.

1. ☺ ☺

2. ☺ ☺

3. ☺ ☺

4. ☺ ☺

____ / 4

Total

1. Which is true?

- A Sugar is good for you.
- B Water has sugar in it.
- C Water is good for you.

3. Which word starts with the same sound as *sugar*?

- A shop
- B such
- C sun

2. How much sugar may a can of soda have?

- A a cup
- B ten packets
- C two cups

4. What is *sugar*?

- A a sweet powder
- B a drink
- C water

NAME: _____ DATE: _____

SCORE

1. ☺☺

Do you like a snack after school? Skip the cookies. Eat some fruit. Put peanut butter on celery sticks. You will feel good!

2. ☺☺

3. ☺☺

1. Which makes a good snack?

- (A) healthy foods
- (B) anything you want
- (C) fast food

3. Which word rhymes with ?

- (A) school
- (B) snack
- (C) bricks

4. ☺☺

____ / 4

Total

2. Which snack is **not** good for you?

- (A) peanut butter on apple slices
- (B) cookies and soda
- (C) apple slices and bananas

4. Which is a fruit?

- (A) banana
- (B) carrot
- (C) peanut butter

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Do you like salad for lunch? Some schools have a salad bar. Some have fruit, too. Schools want to have good foods that children like.

1. ☺ ☺

2. ☺ ☺

3. ☺ ☺

4. ☺ ☺

/ 4

Total

1. What do some schools have for lunch?

- (A) soup and a sandwich bar
- (B) fruit and a salad bar
- (C) pizza and potato chips

3. Which word has the same vowel sound as ?

- (A) salad
- (B) fruit
- (C) lunch

2. Why do schools want to have good foods?

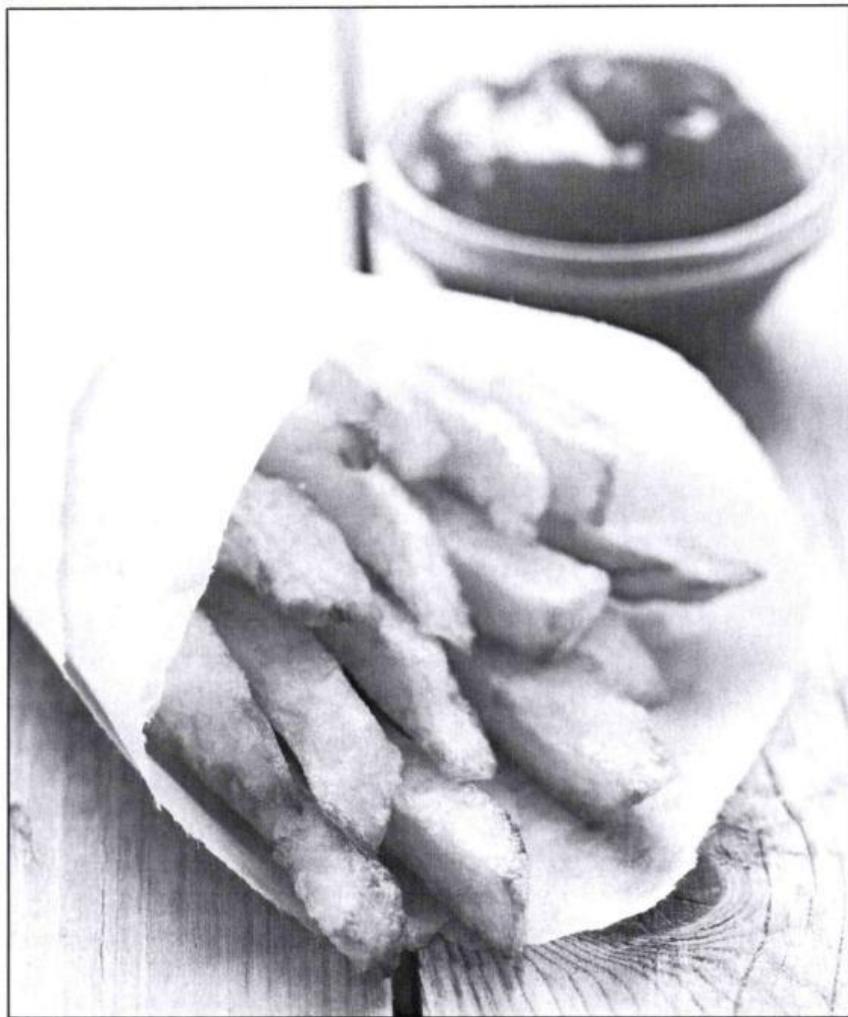
- (A) so children will play a lot
- (B) so children will eat good foods
- (C) so children will like it

4. What is *lunch*?

- (A) the meal eaten in the morning
- (B) the meal eaten in the middle of the day
- (C) the meal eaten in the evening

School Lunch in France

Schools in France want children to eat good lunches. Most kids like ketchup. But ketchup has a lot of sugar. Children in France can have ketchup just once a week. That is when kids get to eat a burger and French fries.



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DIRECTIONS

Read "School Lunch in France." Answer the questions.

SCORE

<p>1. Why do schools in France want good lunches for children?</p> <p>(A) so they will eat ketchup (B) so they will eat healthy (C) so they will eat burgers</p>	<p>3. What is the problem with ketchup?</p> <p>(A) It tastes bad. (B) It costs a lot. (C) It has a lot of sugar.</p>	<p>1. ☺ ☺</p> <p>2. ☺ ☺</p> <p>3. ☺ ☺</p> <p>4. ☺ ☺</p>
<p>2. What do children eat with ketchup?</p> <p>(A) french fries (B) pickles (C) sugar</p>	<p>4. What is the main idea?</p> <p>(A) Children in France don't like ketchup. (B) Schools in France give out less ketchup. (C) Schools in France don't like children.</p>	<p>_____ / 4</p> <p>Total</p>



Reread "School Lunch in France."



Think about the lunches children eat in France and the lunches you eat.



Write about what you think the best school lunch is.