

2nd-Grade Teacher Key

Informational Reading Passage: Playing Hard

Accompanies *Healthy Choices, Healthy Me!* Nutrition Program

Common Core: RI.2.10 By the end of the year, read and comprehend informational texts, including history/social studies, science, and technical texts, in the grades 2–3 text complexity band proficiently, with scaffolding as needed at the high end of the range.

Title of Passage: Playing Hard		Lexile Level: 510L	Grade: 2
Text Type: Informational		Topics/Messages: exercise; benefits of heart beating fast in physical activity; examples of playing hard	
Questions		Skills	Common Core State Standards – Grade 2
1. What is the main topic? importance of exercise		main topic	RI.2.2 Identify the main topic of a multi-paragraph text as well as the focus of specific paragraphs within the text.
2. Read this sentence from the passage: “Playing hard is good exercise for your body.” Find another word in the sentence that means the same as <i>playing hard</i> . exercise		sentence-level context	L.2.4a Use sentence-level context as a clue to the meaning of a word or phrase.
3. Why is playing sports better for your body than playing a video game? Playing sports is exercise. My body needs exercise to get strong. Playing a video game is not exercise. I don’t get strong by playing video games.		why question	RI.2.1 Ask and answer such questions as who, what, where, when, why, and how to demonstrate understanding of key details in a text.
4. Why is it important to choose activities that get your heart beating faster? Exercise that gets my heart beating will help me feel better and look better. It can even help me learn and concentrate better in school.		reasons for making healthy activity choices	RI.2.8 Describe how reasons support specific points the author makes in a text.
5. Explain how food and exercise go together. Healthy food gives my body energy. I use energy from food to exercise. When I am active, I can eat more food.		connection between eating and exercise	RI.2.3 Describe the connection between a series of historical events, scientific ideas or concepts, or steps in technical procedures in a text.