

### 3rd-Grade Teacher Key

#### Informational Reading Passage: Get Going with Breakfast!

Accompanies *Shaping Up My Choices* Nutrition Program

**Common Core:** RI.3.10 By the end of the year, read and comprehend informational texts, including history/social studies, science, and technical texts, at the high end of the grades 2–3 text complexity band independently and proficiently.

Title of Passage: Get Going with Breakfast!      Lexile Level: 770L		Grade: 3	
Text Type: Informational		Topics/Messages: importance of breakfast; balanced breakfast; harm of skipping breakfast	
Questions		Skills	Common Core State Standards – Grade 3
1. Identify the main idea of the passage. <i>Eating a healthy breakfast every day is good for my body.</i>		main idea	RI.3.2 Determine the main idea of a text; recount the key details and explain how they support the main idea.
2. Why is it important to eat a healthy breakfast every day? <i>A healthy breakfast provides energy and helps me grow and stay well. It also helps me learn and concentrate in school.</i>		details that support main idea	RI.3.2 Determine the main idea of a text; recount the key details and explain how they support the main idea.
3. What makes a breakfast balanced? <i>A breakfast is balanced if foods are eaten from at least 3 of the 5 food groups.</i>		vocabulary: balanced breakfast	RI.3.4 Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 3 topic or subject area.
4. If you skip breakfast, how may it affect the way you feel? Tell 6 things that could happen to you. <i>My hunger will grow. I may get a stomachache or a headache. I may get upset easily. I may be tired and not want to play. It will be harder to do well in school.</i>		use text to answer questions	RI.3.1 Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.
5. If you only eat 3 foods for breakfast, what 3 food groups would give you a balanced breakfast? <i>Possible combinations:</i>		use text to answer questions	RI.3.1 Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.
			<ul style="list-style-type: none"> <li>• grains-vegetables-dairy</li> <li>• grains-fruits-dairy</li> <li>• grains-vegetables-protein</li> <li>• grains-fruits-protein</li> </ul>