

3rd-Grade Teacher Key  
**Informational Reading Passage: Superfoods**

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.

<b>Title of Passage:</b> Superfoods	<b>Lexile Level:</b> 800L	<b>Grade: 3</b>	
<b>Text Type:</b> Informational		<b>Topics/Messages:</b> food-group foods; nutrients; health benefits; superfoods	
<b>Questions</b>		<b>Skills</b>	<b>Common Core State Standards – Grade 3</b>
1. What do all foods in a food group have in common? <b>They have the same main nutrient.</b>		use text to answer question	RI.3.1 Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.
2. Identify the main idea of the passage. <b>Eating a variety of superfoods can make a very big difference in my health.</b>		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. Define <b>superfoods</b> . <b>Superfoods are natural foods that are packed full with healthy benefits. They have the power to help the body in many extra ways. They are healthy foods that are extra helpful to the body.</b>		domain-specific vocabulary	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. What information is <u>only</u> provided by the table? <b>names of the 5 food groups; names of the main nutrient for each group; health benefits for each main nutrient</b>		text feature provides information	RI.3.5 Use text features and search tools (e.g., key words, sidebars, hyperlinks) to locate information relevant to a given topic efficiently.
5. Name 4 superfoods. <b>(any 4 in the picture)</b> <b>Milk, strawberries, salmon, oranges, lemons, tomatoes, beans, spinach, yogurt, almonds, blueberries, grain</b> Where is this information found in the passage? <b>in the picture</b>		illustration assists with understanding	RI.3.7 Use information gained from illustrations (e.g., maps, photographs) and the words in a text to demonstrate understanding of the text (e.g., where, when, why, and how key events occur).