

4th-Grade Teacher Key

Informational Reading Passage: Think Moderation

Accompanies *Nutrition Pathfinders* Nutrition Program

Common Core: RI.4.10 By the end of the year, read and comprehend informational texts, including history/social studies, science, and technical texts, in the grades 4–5 text complexity band proficiently, with scaffolding as needed at the high end of the range.

Title of Passage: Think Moderation	Lexile Level: 910L	Grade: 4	
Text Type: Informational		Topics/Messages: principle of moderation; healthy diet; making food choices; “extra” foods	
Questions		Skills	Common Core State Standards – Grade 4
1. What is the main idea of the passage? <i>Eating in moderation is a way to balance your food needs and wants.</i>		main idea	RI.4.2 Determine the main idea of a text and explain how it is supported by key details; summarize the text.
2. Define the word moderate . <i>The word moderate means not extreme or excessive.</i>		meaning of a term	RI.4.4 Determine the meaning of general academic and domain-specific words or phrases in a text relevant to a grade 4 topic or subject area.
3. If a person has only a supersize soft drink for lunch every day, what is likely to happen to that person’s health? <i>The person is likely to develop health problems because the body is not getting enough nutrients.</i>		inference	RI.4.1 Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.
4. Identify 3 important points associated with the principle of moderation. Explain why each is important. 1) <i>Do not replace a healthy food with an “extra” food. That would keep the body from getting the important nutrients it needs.</i> 2) <i>Think about the nutritional value of the food being eaten. Health problems can result from not getting enough nutritious food.</i> 3) <i>Think about how much is being eaten, the portion size. Too many calories from large portions can result in weight gain.</i>		important details	RI.4.1 Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.
5. What is the principle of a healthy diet? Refer to the quote below for your answer. “The principle of moderation does not replace the principle of a healthy diet. Individuals should always eat a variety of nutritious foods every day.” <i>Eat a variety of nutritious foods every day.</i>		use context as a clue for the meaning of a phrase	L.4.4a Use context (e.g., definitions, examples, or restatements in text) as a clue to the meaning of a word or phrase.