

## 5th-Grade Teacher Key

### Literary Reading Passage: You Are What You Eat

Accompanies *Nutrition Pathfinders* Nutrition Program

**Common Core:** RL.5.10 By the end of the year, read and comprehend literature, including stories, dramas, and poetry, at the high end of the grades 4–5 text complexity band independently and proficiently.

Title of Passage: You Are What You Eat	Lexile 930L	Level:	Grade: 5	
Text Type: Literary (Realistic Fiction)			Topics/Messages: overcome eating problems; responsibility; moderation; changing food habits; healthy meals; diets are personal; setting and achieving small, healthy food goals	
Questions			Skills	Common Core State Standards – Grade 5
1. Identify the topic of the passage. <b>The topic is overcoming an eating problem.</b> Who is the intended audience? <b>People who struggle with eating problems are the intended audience.</b>			theme	RL.5.2 Determine a theme of a story, drama, or poem from details in the text, including how characters in a story or drama respond to challenges or how the speaker in a poem reflects upon a topic; summarize the text.
2. Identify the point of view used. <b>first person</b> What did you learn about the narrator from the point of view used to tell the story? <b>The narrator has personal experience with overcoming an eating problem; the narrator knows what he/she is talking about; the narrator knows what works.</b>			first-person point of view	RL.5.6 Describe how a narrator’s or speaker’s point of view influences how events are described.
3. What 4 main points did the author choose to discuss? <ul style="list-style-type: none"> <li>• <b>eat healthy meals every day</b></li> <li>• <b>learn how to eat in moderation</b></li> <li>• <b>change habits in small steps</b></li> <li>• <b>one’s diet is personal</b></li> </ul>			first-person point of view	RL.5.6 Describe how a narrator’s or speaker’s point of view influences how events are described.
4. Underline the idiom in each quote, then determine its meaning in the passage. <ul style="list-style-type: none"> <li>• <b>“You are what you eat.”</b>  <b>Underline: “You are what you eat.”</b>  <b>Meaning: What you eat impacts the health of your body and the way you look and feel.</b></li> <li>• <b>“... resist going over the top with large serving sizes.”</b>  <b>Underline: “going over the top”</b>  <b>Meaning: eating too many large serving sizes</b></li> </ul>			common idioms	L.5.5b Recognize and explain the meaning of common idioms, adages, and proverbs.

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<b>Questions</b>		<b>Skills</b>	<b>Common Core State Standards – Grade 5</b>	
<ul style="list-style-type: none"> <li>• “It takes time to change a habit, but you can succeed by taking small steps.” Underline: “taking small steps” Meaning: make changes in small ways</li> <li>• “Eating is personal, and one size does not fit all.” Underline: “one size does not fit all” Meaning: The same diet doesn’t work for everyone.</li> <li>• “The ball is in your court now.” Underline: “The ball is in your court” Meaning: What you do next is up to you.</li> </ul>				
<p>5. Reread paragraph 5. Explain what the author means by a <b>cookie-cutter world</b>? It’s a world where everyone looks alike, acts alike, and even eats exactly the same food.</p>		context/comparison	L.5.4a Use context (e.g., cause/effect relationships and comparisons in text) as a clue to the meaning of a word or phrase.	