

You Are What You Eat

Questions

1. Identify the topic of the passage.

Who is the intended audience?

2. Identify the point of view used.

What did you learn about the narrator from the point of view used to tell the story?

3. What 4 main points did the author choose to discuss?

4. Underline the idiom in each quote, then determine its meaning in the passage.

a. "You are what you eat."

Meaning: _____

b. "... resist going over the top with large serving sizes."

Meaning: _____

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- c. "It takes time to change a habit, but you can succeed by taking small steps."

Meaning: _____

- d. "Eating is personal, and one size does not fit all."

Meaning: _____

- e. "The ball is in your court now."

Meaning: _____

5. Reread paragraph 5.

Explain what the author means by a **cookie-cutter world**.
