



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.

Title of Passage: Superfoods	Lexile Level: 800L	Grade: 3	
Text Type: Informational		Topics/Messages: food-group foods; nutrients; health benefits; superfoods	
Questions		Skill	Common Core Standards – Grade 3
1. What do all foods in a food group have in common? the same main nutrient		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. Eating a variety of superfoods can make a very big difference in your health.		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 superfoods . “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.		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 chart? names of the five food groups; names of the main nutrient for each group; health benefits for each main nutrient		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 four superfoods. (any four in the picture) Milk, strawberries, salmon, oranges, lemons, tomatoes, beans, spinach, yogurt, almonds, blueberries, grain Where is this information found in the passage? in the picture		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).