Informational Reading Passage: Get Going with Breakfast!

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: Get Going with Breakfast!  Lexile Level: 770L  Grade: 3

Text Type: Informational

Topics/ Messages: importance of breakfast; balanced breakfast; harm of skipping breakfast

Questions

1. Identify the main idea of the passage. Eating a healthy breakfast every day is good for your body.

   main idea

   Skill: RI.3.2 Determine the main idea of a text; recount the key details and explain how they support the main idea.

2. Why is it important to eat a healthy breakfast every day? A healthy breakfast provides energy and helps kids grow and stay well. It also helps students learn and concentrate in school.

   details that support main idea

   Skill: RI.3.2 Determine the main idea of a text; recount the key details and explain how they support the main idea.

3. What makes a breakfast balanced? A breakfast is balanced if foods are eaten from at least three of the five food groups.

   vocabulary: balanced breakfast

   Skill: 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. If you skip breakfast, how may it affect the way you feel? Tell six things that could happen to you. Your hunger will grow. You may get a stomach ache or a headache. You may get upset easily. You may be tired and not want to play. It will be harder to do well in school.

   use text to answer questions

   Skill: RI.3.1 Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.

5. If you only eat three foods for breakfast, what three food groups would give you a balanced breakfast?

   Possible combinations:
   • grains-vegetables-milk
   • grains-fruits-milk
   • grains vegetables-meat
   • grains-fruits-meat

   use text to answer questions

   Skill: RI.3.1 Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.