

Name: _____

A Healthier Choice

By Kelly Hashway



“Want to shoot hoops?” Henry asks, as he and Aliyah step off the school bus. Aliyah yawns. “No, I’m too tired. I slept well last night, but I’ve been yawning all day.”

“Probably because you had a candy bar and a slice of pizza for lunch.”



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That’s just crazy.

“Come on,” Henry says. “I want to show you something.”

Henry and Aliyah walk to her house and straight to the kitchen. Henry opens the pantry closet and finds a bunch of sugary cereals. Then he finds a box of oatmeal. “Here.”

“Ugh, oatmeal is so plain and boring. You need to add a ton of sugar to make it taste good.”

“No, you don’t.” Henry brings the box to the kitchen table and then opens the refrigerator. “Look, you have peaches, blueberries, and strawberries in here. If you add them to your oatmeal, it will make it sweet, and these are natural sugars so you won’t feel like you need a nap twenty minutes after you eat.”

Henry walks over to the counter and holds up two loaves of bread. “Let me

guess, you're eating the white bread."

"Yeah." Aliyah shrugs again.

"Try making a peanut butter sandwich on the whole wheat bread instead. Whole grains are better for you, and peanut butter has protein."

"Okay, I'll try that tomorrow, but I'm not giving up my candy bar for dessert."

"What about eating a granola bar instead?" Henry asks.

Aliyah rolls her eyes.

"Just try it for one day and see if you're still yawning by three thirty."

Aliyah agrees reluctantly.

The next morning, Aliyah eats oatmeal with peaches for breakfast and takes the healthy lunch her mother packed for her. She yawns a few times in the



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1. True or false: Sugary foods do not give you energy. _____
Explain your answer.



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4. How does Aliyah feel at the end of the story after she eats healthy foods for a day?
- a. tired
 - b. sick
 - c. energized
 - d. full

5. What is the author trying to teach us in this story?

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Match each vocabulary word on the left with the correct definition on the right.
Write the letter on the line provided.

1. _____ gestures

a. the ability to be active



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4. _____ energy

d. not willing or eager to do something

5. _____ shrugs

e. accepts something

6. _____ yawns

f. a substance found in foods such as meats, beans, and eggs that's an important part of the human diet

7. _____ agrees

g. moves to express an idea or feeling

Now try this: Find all of the words above in the story and highlight them.

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In the story, "A Healthier Choice," Aliyah is feeling sluggish because of her unhealthy food choices. Henry helps her to realize that healthy foods not only taste good, but can make her feel better too.

Think about the foods that you eat. Do you think you could make any changes?

On the lines below tell about the unhealthy foods that you eat. Then, think of some



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There are many healthy alternatives that people can eat to replace the more sugary, unhealthy foods they are eating.

Eating healthy will make you feel better.

A Healthier Choice



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7. e. agrees

g. moves to express an idea or feeling

Now try this: Find all of the words above in the story and highlight them.