“Want to shoot hoops?” Jamal asks, as he and Aliyah step off the school bus.

Aliyah yawns. “Nah, 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,” Jamal says.

Aliyah shrugs. “Food is supposed to give you energy, right?”

“No, not all food is good for you. Sugary foods only give you energy for a little while and 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.” Jamal 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.”
Jamal 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?” Jamal asks.

Aliyah rolls her eyes.

“Just try it for one day and see if you’re still yawning by three thirty.”

“I guess the healthy foods gave you more energy, huh?” Jamal asks.

Aliyah nods. “They were pretty tasty, too.”
A Healthier Choice
By Kelly Hashway

1. True or False. Sugary foods do not give you energy. ________________
   Explain your answer.

____________________________________________________________________________________________
____________________________________________________________________________________________

2. What alternative to putting sugar on oatmeal does Jamal suggest?
   a. chopped nuts  b. fresh fruit
   c. peanut butter  d. looking through old pictures

3. Jamal tells Aliyah that she can make her peanut butter sandwiches healthier by...
   ______________________________________________________________________________________
   ______________________________________________________________________________________

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?
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
A Healthier Choice
By Kelly Hashway

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

2. _____ reluctantly  
   b. raises and lowers your shoulders

3. _____ protein  
   c. opens the mouth wide while taking in a breath showing you are bored or tired

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.
In the story, “A Healthier Choice,” Aliyah is feeling sluggish because of her unhealthy food choices. Jamal 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 healthier options that you could eat instead.

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
1. True or False. Sugary foods do not give you energy. **false**

Explain your answer.

*Sugary foods do give you energy, but they only supply it for a short period of time. So your body has a lot of energy for a little bit, then it quickly crashes and you become tired again.*

2. What alternative to putting sugar on oatmeal does Jamal suggest?
   - **b. fresh fruit**
   - **c. peanut butter**

3. Jamal tells Aliyah that she can make her peanut butter sandwiches healthier by...
   - She can make her peanut butter sandwiches healthier by making them on whole wheat bread instead of white bread.

4. How does Aliyah feel at the end of the story after she eats healthy foods for a day?
   - **c. energized**

5. What is the author trying to teach us in this story?
   - The author’s message in the story is that 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 and give you more energy.
Match each vocabulary word on the left with the correct definition on the right. Write the letter on the line provided.

1. g  gestures  a. the ability to be active
2. d  reluctantly  b. raises and lowers your shoulders
3. f  protein  c. opens the mouth wide while taking in a breath showing you are bored or tired
4. a  energy  d. not willing or eager to do something
5. b  shrugs  e. accepts something
6. c  yawns  f. a substance found in foods such as meats, beans, and eggs that's an important part of the human diet

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