

Name: \_\_\_\_\_

# A Healthier Choice

By Kelly Hashway



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

Aliyah yawned. “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 said.



**~ PREVIEW ~**

Please log in or register to download the printable version of this worksheet.

ther  
craz

rd

just

“Come on,” Jamal said. “I want to show you something.”

Jamal and Aliyah walk to her house and straight to the kitchen. Jamal 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.” 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 grain



Aliyah agrees reluctantly.

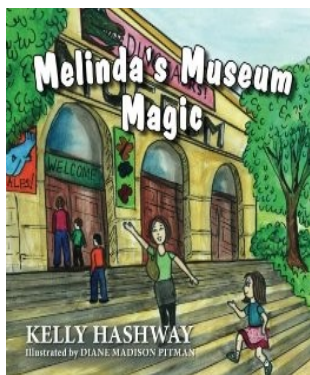
The next morning, Aliyah eats oatmeal with peaches for breakfast and takes the healthy lunch her mother packed for her. She yawns a few times in the morning, but by the end of the day, she's ready to play outside.

"Race you to my house," Aliyah says, stepping off the bus.

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

Aliyah nods. "They were pretty tasty, too."

## About the Author



Kelly Hashway's picture book, *Melinda's Museum Magic*, is now available!

Melinda is taking her first trip to the museum, and her mother promises it will be magical. But when the exhibits start coming to life in ways that only Melinda can see, she'll learn the real magic of the museum.

Hashway, Kelly. *Melinda's Museum Magic* ISBN: 978-0615814216

Name: \_\_\_\_\_

# A Healthier Choice

By Kelly Hashway



1. True or False. Sugary foods do not give you energy. \_\_\_\_\_

Explain your answer.

---

---

2.



**~ PREVIEW ~**

Please log in or register to download the printable version of this worksheet.

3.

---

---

4. How did Aliyah feel at the end of the story after she ate healthy foods for a day?

- a. tired
- b. sick
- c. energized
- d. full

5. What is the author's message in this story?

---

---

---

Name: \_\_\_\_\_

# 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. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



## ~ PREVIEW ~

Please log in or register to download the printable version of this worksheet.

5. \_\_\_\_\_ shrugged

e. to say that you will do or accept 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. to move your body to express an idea or feeling

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

Name: \_\_\_\_\_

# A Healthier Choice

By Kelly Hashway

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



Th  
m  
yo  
si  
te  
Th  
-



**~ PREVIEW ~**

Please log in or register to download  
the printable version of this worksheet.



---

---

---

---

---

---

---

---

---

---

---

# ANSWER KEY

## A Healthier Choice

By Kelly Hashway



~ **PREVIEW** ~

Please log in or register to download  
the printable version of this worksheet.

# ANSWER KEY

## A Healthier Choice

By Kelly Hashway



~ **PREVIEW** ~

Please log in or register to download  
the printable version of this worksheet.

e