“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.

“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 grains are better for you, and peanut butter has protein.”

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.


Super Teacher Worksheets - www.superteacherworksheets.com
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 did Jamal suggest?
   a. chopped nuts
   b. fresh fruit
   c. peanut butter
   d. looking through old pictures

3. How can Aliyah make her peanut butter sandwiches healthier?
   ______________________________________________________________________________________________
   ______________________________________________________________________________________________

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?
   ______________________________________________________________________________________________
   ______________________________________________________________________________________________
   ______________________________________________________________________________________________
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. to have raised and lowered your shoulders

3. _____ protein  
   c. to open your mouth wide while taking in a breath showing you are bored or tired

4. _____ energy  
   d. not willing or eager to do something

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.
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.

Think about the foods that you eat. Do you think you could make any changes? Or, maybe a family member could use your help. Are there any changes that your mom, dad, brother, sister, or grandparents might be able to make? On the lines below tell about the unhealthy foods that you or a family member eat. Then, think of some healthier options to eat instead.

_________________________________________________________________________________________________
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A Healthier Choice
By Kelly Hashway

1. True or False. Sugary foods do not give you energy.
   Answer: 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 did Jamal suggest?
   a. chopped nuts
   b. fresh fruit
   c. peanut butter
   d. looking through old pictures
   Answer: b. fresh fruit

3. How can Aliyah make her peanut butter sandwiches healthier?
   She can make her peanut butter sandwiches healthier by making them on whole wheat bread instead of white bread.

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
   Answer: c. energized

5. What is the author's message 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. gestures
   a. the ability to be active
2. reluctantly
   b. to have raised and lowered your shoulders
3. protein
   c. to open your mouth wide while taking in a breath showing you are bored or tired
4. energy
   d. not willing or eager to do something
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

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