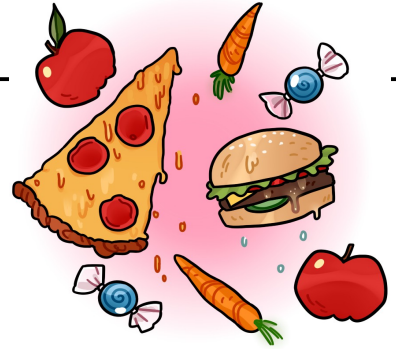


Name: \_\_\_\_\_

# A Healthy Lunch

By Kelly Hashway



Alan took his tray of pizza and potato chips to his table and sat down across from Jared. "Check it out," Alan said. "I got the biggest slice!"

Jared shook his head. "You eat way too much pizza."

Alan scowled. "No such thing. It's good."

"Yeah, but it's not good for you."

Alan picked up his oversized slice, examining it closely. "What are you talking about? It's got cheese and tomatoes. Those are both good for you."

Jared tipped Alan's hand, allowing the grease to drip down the slice of pizza and onto Alan's plate. "Look at that grease. That's bad for you."

Alan shrugged. "Whatever. I'm eating it." He took a big bite and then picked up a potato chip. "See, potatoes are good for me, too."

Jared handed Alan a napkin. "Here, wipe your hand on this."

"Why?" Alan asked, furrowing his brow in confusion.

"Just do it and you'll see."

Alan popped the potato chip into his mouth and then wiped his hand on the napkin. "Gross," he said, seeing the big greasy smear.

"Yeah, and there was plenty more grease on the chip you just ate."

Alan put his pizza back on the tray and pushed it away. "So what can I eat that still tastes good?"

Jared handed his bag of carrots sticks to Alan. "Try these."

"Carrots? No thanks." Alan shook his head.

"Carrots are good for you *and* they taste good."

Jared motioned for Alan to eat one.

Alan sighed and tossed a baby carrot into his mouth.

"Crunchy." Jared smiled. "And tasty, too."

"Okay, fine, but I miss my pizza."

Jared took a napkin and dabbed the grease from the top of Alan's pizza. "That's a little better. But maybe you don't need to eat the whole slice. Maybe you should eat some more carrot sticks and then have half of that pizza."

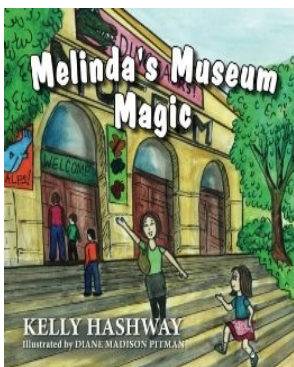
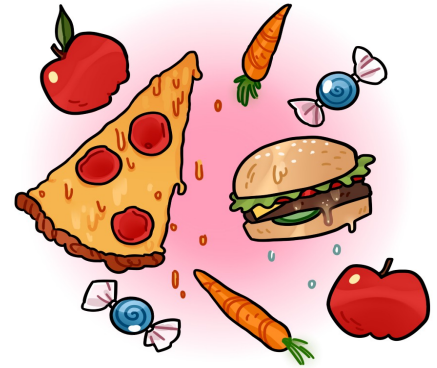
"Half?" Alan thought for a minute while he ate another carrot stick. "So I don't have to give up all the foods I like. I just have to eat less of them and more of the healthy stuff."

Jared nodded. "Exactly. And next time, order broccoli pizza."

"I like broccoli," Alan said.

Jared motioned to the bag of carrots. "Now, think I can get some of those? Alan laughed. "I'll split them with you."

"Okay, but tomorrow, bring your own," Jared said.



## About the Author

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

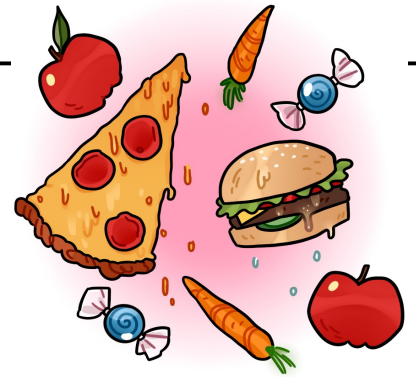
Melinda is taking her first trip to the museum, and her mother promises it will be magical. But when the exhibits start coming to life in ways that only Melinda can see, she'll learn the real magic of the museum.

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

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

# A Healthy Lunch

By Kelly Hashway

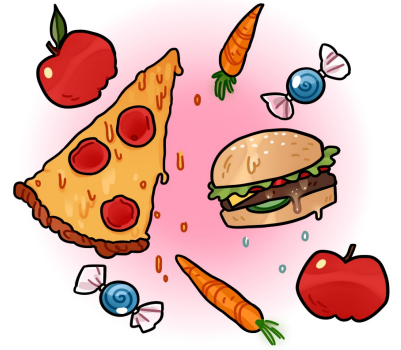


1. What did Alan have to eat with his pizza?
  - a. carrot sticks
  - b. potato chips
  - c. broccoli
  - d. sliced cheese and tomatoes
  
2. What was unhealthy about Alan's pizza?
  - a. bread
  - b. cheese
  - c. grease
  - d. sauce
  
3. According to Jared, what were three of the ways Alan could make his pizza healthier?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
4. Alan realized he didn't have to give up all the foods he liked he just had to do what?  
\_\_\_\_\_  
\_\_\_\_\_
  
5. At the end of the story, what food did Alan want to eat?
  - a. pizza
  - b. broccoli
  - c. carrots
  - d. chips

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

# A Healthy Lunch

By Kelly Hashway



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

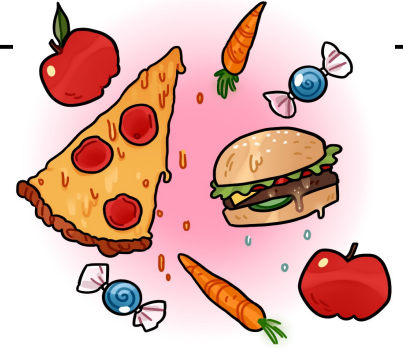
1. \_\_\_\_\_ furrowing
  2. \_\_\_\_\_ motioned
  3. \_\_\_\_\_ confusion
  4. \_\_\_\_\_ scowled
  5. \_\_\_\_\_ examining
  6. \_\_\_\_\_ grease
  7. \_\_\_\_\_ smear
- a. a feeling where you don't understand what is happening
  - b. looking at something closely
  - c. to spread something over a surface
  - d. a facial expression that causes the skin on your face to wrinkle
  - e. an oily substance
  - f. an expression that shows anger or disapproval
  - g. to have made a movement with your hand or head that tells someone to move or act a certain way

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

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

# A Healthy Lunch

By Kelly Hashway



In the story, "A Healthy Lunch," Alan was eating too many unhealthy foods, like pizza and potato chips. However, his friend Jared, gives Alan some tips on how to become healthier.

One of Jared's suggestions to Alan was to order broccoli on his pizza in order to make it healthier. Can you think of a way to make pizza healthier? On the lines below tell what your healthy pizza creation is. Then, draw a picture of it in the blank space.

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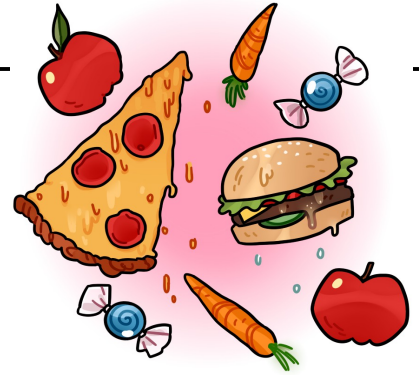
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# ANSWER KEY

## A Healthy Lunch

By Kelly Hashway

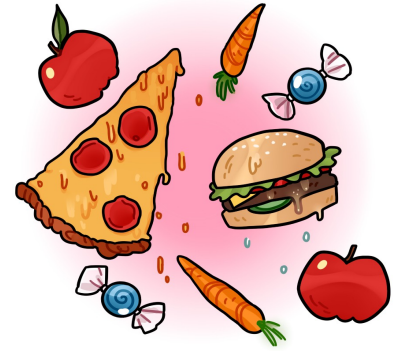


1. What did Alan have to eat with his pizza? **b**
  - a. carrot sticks
  - b. potato chips**
  - c. broccoli
  - d. sliced cheese and tomatoes
  
2. What was unhealthy about Alan's pizza? **c**
  - a. bread
  - b. cheese
  - c. grease**
  - d. sauce
  
3. According to Jared, what were three of the ways Alan could make his pizza healthier?  
**Alan could make his pizza healthier by dabbing off some of the grease before he eats it, only eating half of it, or ordering broccoli on his pizza.**
  
4. Alan realized he didn't have to give up all the foods he liked he just had to do what?  
**He didn't have to give up all the foods he liked he just had to eat less of the unhealthy foods he enjoyed and more healthy foods instead.**
  
5. At the end of the story, what food did Alan want to eat? **c**
  - a. pizza
  - b. broccoli
  - c. carrots**
  - d. chips

# ANSWER KEY

## A Healthy Lunch

By Kelly Hashway



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

- d** furrowing **a.** a feeling where you don't understand what is happening
- g** motioned **b.** looking at something closely
- a** confusion **c.** to spread something over a surface
- f** scowled **d.** a facial expression that causes the skin on your face to wrinkle
- b** examining **e.** an oily substance
- e** grease **f.** an expression that shows anger or disapproval
- c** smear **g.** to have made a movement with your hand or head that tells someone to move or act a certain way

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