

# Good Nutrition

## Pre-reading

### Questions:

- What is good nutrition?
- What are some good foods?
- What are some bad foods?



[www.4woman.gov](http://www.4woman.gov) image

### Definitions:

- Nutrition – the food a person eats
- Avoid – to stay away from something

## Reading

Jane wants to lose weight. She asks her doctor for help. He tells Jane about  
15 good nutrition. He says, “Good nutrition is the best way to be healthy. Avoiding  
29 junk food will help you lose weight and feel good.”

39 Jane asks, “What foods should I eat?” “Fruits, vegetables, whole grains,  
50 chicken, and fish,” the doctor replies. “These are all good foods. Eat them every  
64 day. Plus water; drink lots of water.”

71 “What is junk food?” asks Jane. “It is food with a lot of sugar, salt, oil, fat, or  
89 caffeine,” says the doctor. “Candy and soda have a lot of sugar. Chips and ice  
104 cream have a lot of fat. These are types of junk food. You should eat very little of it.  
123 Junk food is not good for you.”

130 “Ok. Thanks, doctor,” says Jane. “I’m going to practice good nutrition. I’m  
142 going to eat less junk food and more good food.”  
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## Understanding

1. What does Jane want? \_\_\_\_\_

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2. Who helps Jane? How does he help? \_\_\_\_\_

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3. What are some good foods? (List at least three.) \_\_\_\_\_

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4. What is junk food? \_\_\_\_\_

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5. How will Jane practice good nutrition? \_\_\_\_\_

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## Writing

Option A: Write the story in your own words.

Option B: What did you eat yesterday? Was it mostly junk food or good food?

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