Eat Healthy, Live Healthy

Pre-reading

Questions:
• What does the title mean?
• What clues does the picture give you about
  the content of the story?

Definitions:
• Obese – very fat; very overweight
• Prefer - to like one thing better than another
• Serving – a portion of food for one person

Reading

65% of Americans are overweight or obese. Manuel was one of them. He drank a Coke for
breakfast. Mid-morning he would eat a donut or bag of chips. His daily lunch was a fast-food
burger, french fries and a pop. (He preferred the super-size serving.)
Manuel was at risk for major health problems. Heart disease and diabetes were in his future.
He knew changes needed to be made. He wanted to make better food choices.
Manuel wasn’t sure how or where to start. He decided to visit the public health office. He
talked with a public health nurse. She was very helpful. She explained the food groups and talked
about serving sizes. She helped Manuel set up a plan for healthy eating.
For their first meeting, they chose to focus on the Bread and Cereal Group, and the Fruit
and Vegetable Group. Manuel could eat the most from the Bread and Cereal Group. He could eat
up to nine servings a day. One serving is one slice of bread, a half cup of rice, or one cup of cold
cereal. One serving is also a half cup of pasta or a half of a bagel.
Manuel needed four servings a day from the Vegetable Group. One serving is a half cup of
raw or cooked vegetables, eight small carrot sticks, or a small salad. From the Fruit Group,
Manuel needed three servings a day. One serving of fruit is a dozen grapes, one-fourth cup of
dried fruit, or a half of a grapefruit.
Manuel now makes food choices based on the food groups and serving sizes. He is putting
healthy foods in his body and is feeling better on the outside and inside! After all, you are what
you eat!

Level 4.5
Understanding

1. What are two major health problems facing overweight people?

2. How many servings of fruit should an adult eat each day?

3. Where did Manuel go to learn about healthy eating?

4. How many servings from the Bread and Cereal Group should an adult eat each day?

5. What is an example of one serving of vegetables?

6. What does the phrase, “you are what you eat” mean?

Writing

Choice A: Summarize the reading story in your own words.

Choice B: Write about your own eating habits. Are you a healthy eater? Why or why not?