

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



Source: www.Landry.com

Reading

17 65% of Americans are overweight or obese. Manuel was one of them. He drank a Coke for
35 breakfast. Mid-morning he would eat a donut or bag of chips. His daily lunch was a fast-food
47 burger, french fries and a pop. (He preferred the super-size serving.)

63 Manuel was at risk for major health problems. Heart disease and diabetes were in his future.
77 He knew changes needed to be made. He wanted to make better food choices.

94 Manuel wasn't sure how or where to start. He decided to visit the public health office. He
111 talked with a public health nurse. She was very helpful. She explained the food groups and talked
124 about serving sizes. She helped Manuel set up a plan for healthy eating.

141 For their first meeting, they chose to focus on the Bread and Cereal Group, and the Fruit
159 and Vegetable Group. Manuel could eat the most from the Bread and Cereal Group. He could eat
181 up to nine servings a day. One serving is one slice of bread, a half cup of rice, or one cup of cold
197 cereal. One serving is also a half cup of pasta or a half of a bagel.

214 Manuel needed four servings a day from the Vegetable Group. One serving is a half cup of
230 raw or cooked vegetables, eight small carrot sticks, or a small salad. From the Fruit Group,
248 Manuel needed three servings a day. One serving of fruit is a dozen grapes, one-fourth cup of
256 dried fruit, or a half of a grapefruit.

272 Manuel now makes food choices based on the food groups and serving sizes. He is putting
291 healthy foods in his body and is feeling better on the outside and inside! After all, you are what
293 you eat!

