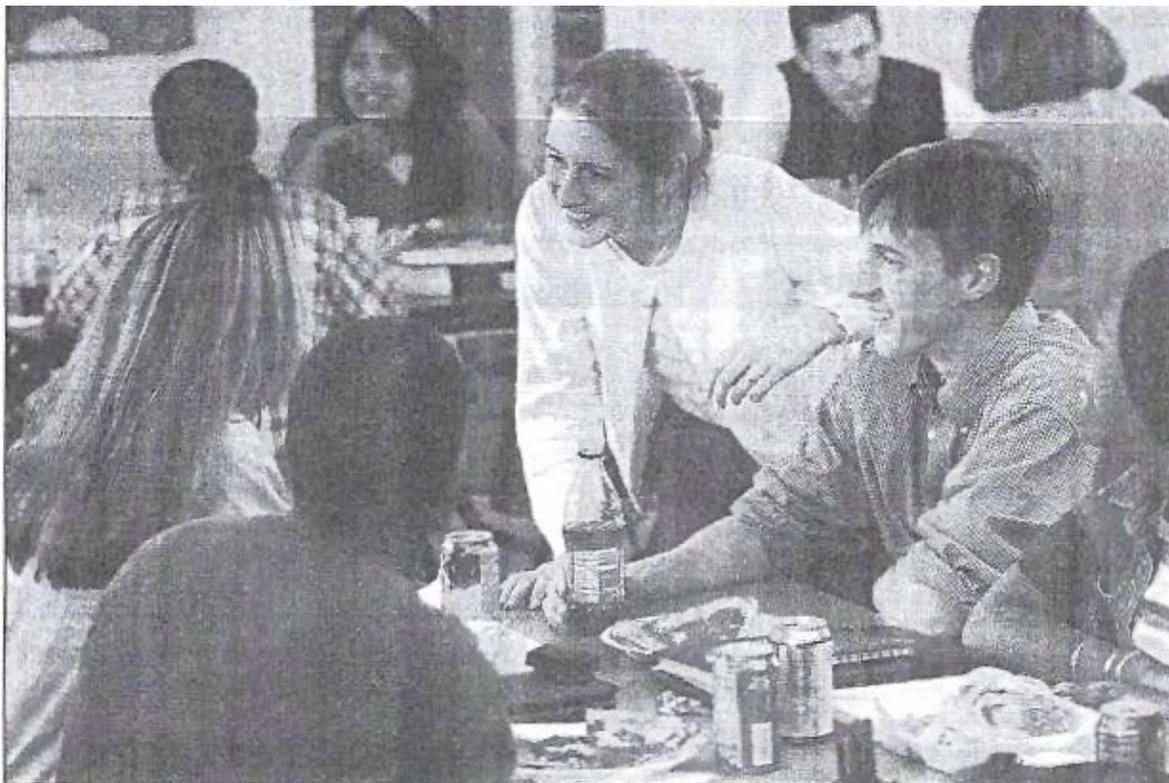


CHAPTER 11 – A HEALTHY CHOICE



BEFORE YOU READ. Look at the picture and read the title of the story.

1. Circle your answer and write it on the line.

This is a picture of a high school _____.

1. Library
2. Cafeteria
3. Gym

2. What can students buy in a cafeteria? Write some things in the chart.

THINGS STUDENTS CAN BUY IN A CAFETERIA	
<i>sandwiches</i>	

3. Complete the sentence.

I usually eat _____ for lunch.

A HEALTHY CHOICE

The cafeteria at Fremont High School in California, in the U.S., is a little different these days. There are no soft drinks or potato chips in the cafeteria. The candy bars and ice cream are gone, too. What happened? The school stopped selling junk food. The principal and teachers are happy about this. But some students are not.

Dana Alvarez is a student at Fremont High School and she is angry. She says, "I like to have soda and chips for lunch. It's not fair that I can't choose the food I like." But the principal and teachers at this large California school disagree with Dana. In the U.S., 14% of teenagers are overweight. Doctors say that junk food is one reason for this problem. Sometimes children eat junk food because it is easy to buy. Junk food, like ice cream, chips, and candy, has a lot of fat and sugar. Children eat too much of it and that is why they are overweight. In addition, teachers say that when children eat junk food for lunch, they often feel sleepy in the afternoon. Many parents are worried, too. They want their children to eat well, and they want the schools to sell only healthy foods.

The cafeteria at Fremont High School sells a lot of different food now, such as fruit, yogurt, salads, and juice. But this may not solve the problem. Sometimes students go outside school to buy junk food at lunchtime. And some students bring junk food from home. But in the cafeteria, students may buy only healthy food. The principal hopes that most of his students will make a healthy choice.

1. **MAIN IDEA.** What is the most important idea of the story? Circle the letter.

1. Dana Alvarez wats to have chips and soda for lunch every day.
2. The cafeteria at Fremont High School does not sell junk food anymore.
3. The principal at Fremont High School likes to eat healthy food.

2. **JUST THE FACTS.** Check (✓) True or False. If a sentence is false, change it to make it true.

	True	False
1. In the U.S., most teenagers are overweight. <i>In the U.S., 14% of teenagers are overweight.</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Dana Alvarez can buy soda and chips in the cafeteria.	<input type="checkbox"/>	<input type="checkbox"/>
3. The principal wants the school to sell only healthy food.	<input type="checkbox"/>	<input type="checkbox"/>
4. Children who eat junk food are tired before lunch.	<input type="checkbox"/>	<input type="checkbox"/>
5. Some children bring junk food to school.	<input type="checkbox"/>	<input type="checkbox"/>

3. **LEARN NEW WORDS.** Circle the correct words. Write them on the lines.

1. The students at Fremont Hight School can't buy candy because the school stopped selling junk food. Stopped started is
2. Dana says, "It's not _____ that I can't choose the food I like." Dana wants to have chips and soda for lunch, but she can't.
 overweight fair fun
3. Many _____ in the U.S. are overweight because they eat junk food. Junk food makes _____ these students unhealthy.
 Teachers principals teenagers
4. Students sometimes go outside the school at _____ to buy junk food.
 Home Lunchtime work
5. The cafeteria sells different food now, _____ fruit and salads.
 Such as usually choose

READ ON TWO

4. **COMPLETE THE SENTENCES.** Use the pairs of words to complete the sentences.

1. Gone ~~cafeteria~~
There are no soft drinks or potato chips in the Fremont High School cafeteria.
The candy bars and ice cream are _____ too.
2. Overweight reason
In the U.S., 14% of teenagers are _____. Doctors say that junk food is one _____ for this problem.
3. Solve choose
Students at Fremont High School can _____ only healthy food in the cafeteria. But this may not _____ the problem.

5. **THINK IT OVER.** With a partner, put each word in the correct place on the chart. Then add other food o the chart.

JUNK FOOD		HEALTHY FOOD	
<i>Candy bars</i>		<i>fruit</i>	

6. **TALK IT OVER.** The cafeteria at Fremont High School does not sell junk food. Who thinks this is a good idea? Put a check (✓) in the correct column for each person, and write the reason. Then talk about your answers with your classmates.

PEOPLE	IT'S A GOOD IDEA	IT'S A BAD IDEA	REASON
1. Dana Alvarez		✓	She can't choose the food she likes.
2. The teachers			
3. Doctors			

7. **WRITE IT DOWN.** Choose Dana, the teachers, or doctors from Activity 6. Write why you agree or disagree with them.

I (agree/disagree) with _____ because _____
