READ ABOUT FOOD

Passage 1: Fruits and Why They Are Healthy

Grade 3 | Reading Comprehension

DIRECTIONS: Read the passage carefully. Pay attention to the main idea and important details.



Fruits are an important part of a healthy diet. They come in many colors, shapes, and sizes. Some common fruits include apples, bananas, and oranges. Fruits contain vitamins that help the body stay strong and healthy. Many fruits also have natural sugar, which gives the body energy. Eating fruits every day can help people feel better and stay active.

People can eat fruits in many ways. They can eat them fresh, cut them into pieces, or mix them into meals. Some people enjoy fruit salads or smoothies. Fruits are easy to find and simple to prepare. Learning about fruits helps people make better food choices and take care of their bodies.

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Name: ..... Date: .....

Questions

Passage 1: Fruits and Why They Are Healthy

DIRECTIONS: Answer the Questions

Part 1: Multiple Choice

1. What is the main idea of the passage?

A. Fruits are hard to find
B. Fruits are only sweet foods
C. Fruits are healthy foods for the body
D. Fruits are used to cook meat

2. What do fruits give the body?

A. Energy for the body
B. Cold air
C. Loud sounds
D. Hard tools

3. How can people eat fruits?

A. Build them at home
B. Store them in boxes
C. Use them as tools
D. Eat them fresh or mix them

Short Answer

4. Name two fruits from the passage.

_____

_____

5. Why are fruits good for the body?

_____

_____

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Name: ..... Date: .....

Questions

Passage 1: Fruits and Why They Are Healthy

Text Evidence

6. Write one sentence from the passage that explains why fruits are healthy.

_____

_____

Vocabulary

7. The word “vitamins” tells us these are _____.
A. colors in fruit
B. sweet parts of food
C. small plant pieces
D. things that help the body

8. “Energy” helps people _____.
A. move and work
B. eat healthy food
C. hold small objects
D. grow green plants

Writing

9. Why should people eat fruits every day? Write 2–3 sentences.

_____

_____

_____

_____

_____

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Answer Key

READ ABOUT FOOD | Passage 1: Fruits and Why They Are Healthy

Multiple Choice
1. C
2. A
3. D

Short Answer (Sample Answers)
4. Apples, bananas, oranges (any two)
5. They have vitamins / They help the body stay healthy

Text Evidence
6. “Fruits contain vitamins that help the body stay strong and healthy.”

Vocabulary
7. D
8. A

Writing
9. Answers vary (must mention health or energy)

Teacher Guide | Instructional Support

Focus:
Main Idea and Key Details

Standards Covered:
RI.3.1, RI.3.2, RI.3.3, RI.3.4, RI.3.7
L.3.4, L.3.5
W.3.2, W.3.8

Tip:
Guide students to identify how fruits help the body and connect those details to the main idea. Have them point to one sentence that explains the benefit clearly.

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READ ABOUT FOOD

Passage 2: Vegetables and Growing Food

Grade 3 | Reading Comprehension

DIRECTIONS: Read the passage carefully. Pay attention to the main idea and important details.



Vegetables are an important part of a healthy diet. They grow in gardens and on farms around the world. Common vegetables include carrots, broccoli, and spinach. Vegetables contain nutrients that help the body grow strong and stay healthy. Many vegetables are low in sugar and good for daily meals. Eating vegetables often helps people stay active and feel well.

People can eat vegetables in different ways. They can eat them raw, cook them, or add them to meals. Some people grow vegetables at home in small gardens. Others buy them from stores or markets. Learning about vegetables helps people understand where food comes from and why healthy eating is important.

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Name: ..... Date: .....

Questions

Passage 2: Vegetables and Growing Food

DIRECTIONS: Answer the Questions

Part 1: Multiple Choice

1. What is the main idea of the passage?

A. Vegetables are only used for cooking
B. Vegetables are hard to find in stores
C. Vegetables grow in one place only
D. Vegetables are healthy for the body

2. Where do vegetables grow?

A. In gardens and on farms
B. In the sky above land
C. Inside large buildings
D. Under deep water

3. Why do people eat vegetables?

A. To build machines at home
B. To make loud sounds
C. To help the body stay healthy
D. To carry heavy tools

Short Answer

4. Name two vegetables from the passage.

_____

_____

5. Where can people get vegetables?

_____

_____

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Name: ..... Date: .....

Questions

Passage 2: Vegetables and Growing Food

Text Evidence

6. Write one sentence from the passage that explains why vegetables are healthy.

_____

_____

Vocabulary

7. “Nutrients” are things that _____.

A. change food color
B. are used in tools
C. help the body grow
D. are used for cooking

8. When something “grows,” it _____.

A. gets bigger over time
B. breaks into pieces
C. turns into liquid
D. moves to another place

Writing

9. Why are vegetables important for people? Write 2–3 sentences.

_____

_____

_____

_____

_____

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Answer Key

READ ABOUT FOOD | Passage 2: Vegetables and Growing Food

Multiple Choice
1. D
2. A
3. C

Short Answer (Sample Answers)
4. Carrots, broccoli, spinach (any two)
5. From gardens, farms, stores, or markets

Text Evidence
6. “Vegetables contain nutrients that help the body grow strong and stay healthy.”

Vocabulary
7. C
8. A

Writing
9. Answers vary (must mention health or body)

Teacher Guide | Instructional Support

Focus:
Main Idea and Key Details

Standards Covered:
RI.3.1, RI.3.2, RI.3.3, RI.3.4, RI.3.7
L.3.4, L.3.5
W.3.2, W.3.8

Tip:
Have students identify how vegetables help the body and where they come from. Guide them to connect key details to the main idea.

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READ ABOUT FOOD

Passage 3: Grains and Energy for the Body

Grade 3 | Reading Comprehension

DIRECTIONS: Read the passage carefully. Pay attention to the main idea and important details.



Grains are an important group of foods that give the body energy. Common grains include rice, bread, and oats. People eat grains every day in many different meals. Grains contain nutrients that help the body work and stay active. These foods are often used as a main part of breakfast, lunch, or dinner. Eating grains can help people feel full and ready to learn or play.

People can eat grains in many ways. They can cook rice, toast bread, or make cereal. Some grains are whole grains, which are even better for the body. Whole grains keep more nutrients and help people stay healthy. Learning about grains helps people understand how food gives energy and supports daily life.

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Name: ..... Date: .....

Questions

Passage 3: Grains and Energy for the Body

DIRECTIONS: Answer the Questions

Part 1: Multiple Choice

1. What is the main idea of the passage?

A. Grains are used only for breakfast meals
B. Grains are hard to cook at home
C. Grains grow in only one place
D. Grains give energy to the body

2. What foods are examples of grains?

A. Apples and oranges
B. Meat and fish
C. Rice, bread, and oats
D. Milk and cheese

3. Why do people eat grains?

A. To get energy for the body
B. To build machines at home
C. To make loud sounds
D. To carry heavy tools

Short Answer

4. Name two grain foods from the passage.

_____

_____

5. What are whole grains?

_____

_____

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Name: ..... Date: .....

Questions

Passage 3: Grains and Energy for the Body

Text Evidence

6. Write one sentence from the passage that explains why grains are important.

_____

_____

Vocabulary

7. “Energy” is what helps the body _____.
A. eat different foods
B. move and work
C. grow plants
D. cook meals

8. If something is “whole,” it is _____.
A. broken apart
B. empty inside
C. mixed with water
D. full or complete

Writing

9. Why are grains important in daily meals? Write 2–3 sentences.

_____

_____

_____

_____

_____

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Answer Key

READ ABOUT FOOD | Passage 3: Grains and Energy for the Body

Multiple Choice
1. D
2. C
3. A

Short Answer (Sample Answers)
4. Rice, bread, oats (any two)
5. Grains that keep more nutrients / grains that are not processed

Text Evidence
6. “Grains are an important group of foods that give the body energy.”

Vocabulary
7. B
8. D

Writing
9. Answers vary (must mention energy or health)

Teacher Guide | Instructional Support

Focus:
Main Idea and Key Details

Standards Covered:
RI.3.1, RI.3.2, RI.3.3, RI.3.4, RI.3.7
L.3.4, L.3.5
W.3.2, W.3.8

Tip:
Have students identify how grains provide energy and why they are part of daily meals. Guide them to connect key details to the main idea.

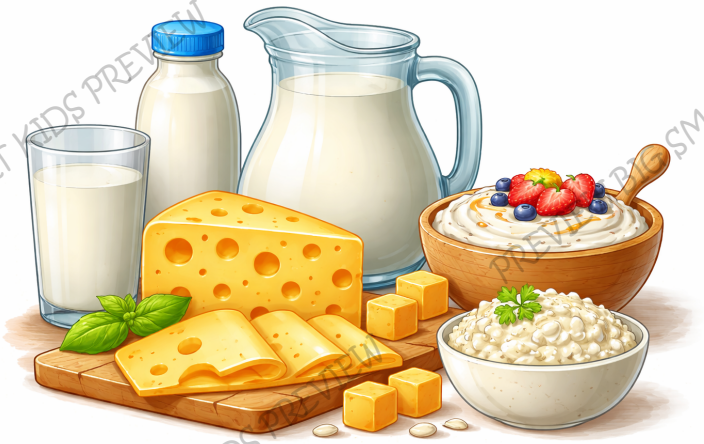
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READ ABOUT FOOD

Passage 4: Dairy Foods and Strong Bones

Grade 3 | Reading Comprehension

DIRECTIONS: Read the passage carefully. Pay attention to the main idea and important details.



Dairy foods are an important part of a healthy diet. Common dairy foods include milk, cheese, and yogurt. These foods contain calcium, which helps build strong bones and teeth. Drinking milk or eating dairy foods can help children grow and stay healthy. Many people include dairy in their daily meals to support their bodies.

People can enjoy dairy foods in different ways. They can drink milk, eat yogurt, or add cheese to meals. Some people choose low-fat dairy options for better health. Dairy foods are easy to use and can be part of breakfast, lunch, or dinner. Learning about dairy helps people understand how food supports strong bones and overall health.

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Name: ..... Date: .....

Questions

Passage 4: Dairy Foods and Strong Bones

DIRECTIONS: Answer the Questions

Part 1: Multiple Choice

1. What is the main idea of the passage?

A. Dairy foods are hard to prepare at home
B. Dairy foods help build strong bones
C. Dairy foods are only used in cooking
D. Dairy foods are not important for health

2. What do dairy foods contain?

A. Loud sounds and strong tools
B. Sweet liquids and plant parts
C. Cold air and small objects
D. Calcium for strong bones

3. Why do people eat dairy foods?

A. To help the body grow strong
B. To build machines at home
C. To make loud sounds
D. To carry heavy tools

Short Answer

4. Name two dairy foods from the passage.

_____

_____

5. What does calcium help build?

_____

_____

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Name: ..... Date: .....

Questions

Passage 4: Dairy Foods and Strong Bones

Text Evidence

6. Write one sentence from the passage that explains why dairy foods are important.

_____

_____

Vocabulary

7. “Calcium” is something that helps _____.
A. make food sweet
B. cook meals faster
C. grow plants
D. build strong bones

8. To “support” means to _____.
A. help something stay strong
B. break into pieces
C. move around
D. turn into liquid

Writing

9. Why are dairy foods important for the body? Write 2–3 sentences.

_____

_____

_____

_____

_____

PREVIEW BIG SMART KIDS PREVIEW

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Answer Key

READ ABOUT FOOD | Passage 4: Dairy Foods and Strong Bones

Multiple Choice
1. B
2. D
3. A

Short Answer (Sample Answers)
4. Milk, cheese, yogurt (any two)
5. Strong bones and teeth

Text Evidence
6. “These foods contain calcium, which helps build strong bones and teeth.”

Vocabulary
7. D
8. A

Writing
9. Answers vary (must mention bones or health)

Teacher Guide | Instructional Support

Focus:
Main Idea and Key Details

Standards Covered:
RI.3.1, RI.3.2, RI.3.3, RI.3.4, RI.3.7
L.3.4, L.3.5
W.3.2, W.3.8

Tip:
Guide students to identify how dairy foods help the body. Have them connect calcium to strong bones using details from the text.

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READ ABOUT FOOD

Passage 5: Protein Foods and Muscles

Grade 3 | Reading Comprehension

DIRECTIONS: Read the passage carefully. Pay attention to the main idea and important details.



Protein foods are important for helping the body grow strong muscles. Common protein foods include eggs, meat, beans, and fish. These foods help repair the body and build new cells. Eating enough protein can help people stay active and healthy. Many people eat protein foods every day as part of their meals.

People can eat protein foods in different ways. They can cook eggs, grill meat, or add beans to dishes. Some people choose different protein foods to keep meals interesting. Protein foods can be part of breakfast, lunch, or dinner. Learning about protein helps people understand how food supports muscles and keeps the body working well.

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Name: ..... Date: .....

Questions

Passage 5: Protein Foods and Muscles

DIRECTIONS: Answer the Questions

Part 1: Multiple Choice

1. What is the main idea of the passage?

A. Protein foods are eaten at night
B. Protein foods are hard to cook
C. Protein foods come from one place
D. Protein foods build strong muscles

2. What foods are examples of protein foods?

A. Eggs, meat, beans, and fish
B. Apples and oranges for snacks
C. Milk and cheese in meals
D. Rice and bread for meals

3. Why do people eat protein foods?

A. To make the body need less sleep
B. Build machines at home
C. To help build and repair body tissues
D. Carry heavy tools

Short Answer

4. Name two protein foods from the passage.

_____

_____

5. What do protein foods help build?

_____

_____

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Name: ..... Date: .....

Questions

Passage 5: Protein Foods and Muscles

Text Evidence

6. Write one sentence from the passage that explains why protein foods are important.

_____

_____

Vocabulary

7. To “repair” means to _____.

A. break something
B. fix something
C. move something
D. change into liquid

8. If someone is “active,” they are _____.

A. full of energy
B. very quiet
C. slow and tired
D. small and weak

Writing

9. Why are protein foods important for the body? Write 2–3 sentences.

_____

_____

_____

_____

_____

PREVIEW BIG SMART KIDS PREVIEW

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Answer Key

READ ABOUT FOOD | Passage 5: Protein Foods and Muscles

Multiple Choice
1. D
2. A
3. C

Short Answer (Sample Answers)
4. Eggs, meat, beans, fish (any two)
5. Strong muscles / new cells

Text Evidence
6. “Protein foods are important for helping the body grow strong muscles.”

Vocabulary
7. B
8. A

Writing
9. Answers vary (must mention muscles or health)

Teacher Guide | Instructional Support

Focus:
Main Idea and Key Details

Standards Covered:
RI.3.1, RI.3.2, RI.3.3, RI.3.4, RI.3.7
L.3.4, L.3.5
W.3.2, W.3.8

Tip:
Have students connect protein foods to muscle growth. Guide them to find details that explain how protein supports the body.

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READ ABOUT FOOD

Passage 6: Breakfast and Starting the Day

Grade 3 | Reading Comprehension

DIRECTIONS: Read the passage carefully. Pay attention to the main idea and important details.



Breakfast is the first meal of the day. It gives the body energy after a long night of sleep. Many people eat foods like eggs, bread, fruit, or cereal in the morning. Eating breakfast helps the body wake up and get ready for the day. It can also help students focus better in school and stay active.

People can choose different foods for breakfast. Some like a quick meal, while others eat a full meal at home. A healthy breakfast often includes grains, fruits, and protein foods. Drinking water or milk is also important. Learning about breakfast helps people understand how to start the day in a healthy way.

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Name: ..... Date: .....

Questions

Passage 6: Breakfast and Starting the Day

DIRECTIONS: Answer the Questions

Part 1: Multiple Choice

1. What is the main idea of the passage?

A. Breakfast is hard to make
B. Breakfast helps start the day
C. Breakfast is for adults only
D. Breakfast is eaten at night

2. What foods do people eat for breakfast?

A. Eggs, bread, fruit, or cereal
B. Meat, fish, and rice foods
C. Beans, noodles, and rice meals
D. Cakes, candy, and sweet snacks

3. Why do people eat breakfast?

A. Build tools at home
B. Make loud sounds
C. Carry heavy items
D. Help the body get energy

Short Answer

4. Name two foods people eat for breakfast.

_____

_____

5. Why is breakfast important for students?

_____

_____

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Name: ..... Date: .....

Questions

Passage 6: Breakfast and Starting the Day

Text Evidence

6. Write one sentence from the passage that explains why breakfast is important.

_____

_____

Vocabulary

7. When you "focus," you _____.

A. move around
B. break things
C. change shape
D. pay attention

8. Someone who is "active" is _____.

A. very still
B. tired
C. full of energy
D. weak

Writing

9. Why should people eat breakfast every day? Write 2–3 sentences.

_____

_____

_____

_____

_____

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Answer Key

READ ABOUT FOOD | Passage 6: Breakfast and Starting the Day

Multiple Choice
1. B
2. A
3. D

Short Answer (Sample Answers)
4. Eggs, bread, fruit, cereal (any two)
5. It helps them focus / It gives energy

Text Evidence
6. “Eating breakfast helps the body wake up and get ready for the day.”

Vocabulary
7. D
8. C

Writing
9. Answers vary (must mention energy or focus)

Teacher Guide | Instructional Support

Focus:
Main Idea and Key Details

Skills:
• Identify main idea and supporting details
• Understand cause and effect (why breakfast is important)
• Use text evidence to support answers
• Build vocabulary in context
• Write short, clear responses

Standards Covered:
RI.3.1, RI.3.2, RI.3.3, RI.3.4, RI.3.7, L.3.4, L.3.5 , W.3.2, W.3.8

Tip:
Have students explain how breakfast helps the body and the brain. Ask them to find one sentence that shows why breakfast is important and connect it to the main idea.

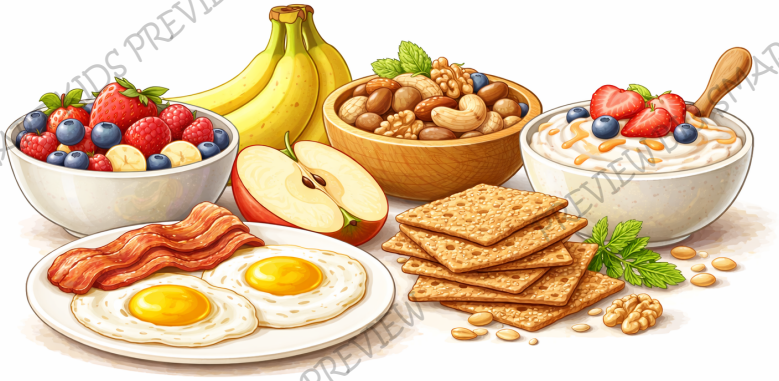
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READ ABOUT FOOD

Passage 7: Healthy Snacks

Grade 3 | Reading Comprehension

DIRECTIONS: Read the passage carefully. Pay attention to the main idea and important details.



Healthy snacks are small foods that help the body stay strong between meals. Some healthy snacks include fruits, nuts, yogurt, and whole grain crackers. These foods give the body energy and important nutrients. Eating healthy snacks can help people stay active and focused during the day. Choosing good snacks is an easy way to take care of the body.

People can prepare healthy snacks in simple ways. They can cut fruit, mix yogurt with berries, or pack nuts for later. Healthy snacks are easy to carry and quick to eat. Learning about healthy snacks helps people make better food choices and avoid eating too many sugary foods.

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Name: ..... Date: .....

Questions

Passage 7: Healthy Snacks

DIRECTIONS: Answer the Questions

Part 1: Multiple Choice

1. What is the main idea of the passage?

A. Snacks are eaten during the day
B. Healthy snacks help the body
C. Snacks are made at home
D. Snacks are used in cooking

2. Which foods are healthy snacks?

A. Fruits, nuts, yogurt, and crackers
B. Cakes, candy, and sweet snacks
C. Fried foods and salty chips
D. Sugary drinks and desserts

3. Why do people eat healthy snacks?

A. Build strong tools at home
B. Make loud sounds
C. Carry heavy items at home
D. Help the body stay active

Short Answer

4. Name two healthy snacks from the passage.

_____

_____

5. How do healthy snacks help the body?

_____

_____

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Name: ..... Date: .....

Questions

Passage 7: Healthy Snacks

Text Evidence

6. Write one sentence from the passage that explains why healthy snacks are helpful.

Vocabulary

7. To “prepare” food means to _____.

A. move it somewhere
B. get it ready to eat
C. break it apart
D. turn it into liquid

8. To “avoid” something means to _____.

A. look for it
B. eat more of it
C. try it
D. stay away from it

Writing

9. Why should people choose healthy snacks? Write 2–3 sentences.

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Answer Key

READ ABOUT FOOD | Passage 7: Healthy Snacks

Multiple Choice
1. B
2. A
3. D

Short Answer (Sample Answers)
4. Fruits, nuts, yogurt, crackers (any two)
5. They give energy / They help the body stay healthy

Text Evidence
6. “These foods give the body energy and important nutrients.”

Vocabulary
7. B
8. D

Writing
9. Answers vary (must mention health or energy)

Teacher Guide | Instructional Support

Focus:
Main Idea and Key Details

Skills:
• Identify main idea and supporting details
• Explain why healthy snacks are important
• Use text evidence to support answers
• Understand vocabulary in context
• Write short, clear responses

Standards Covered: RI.3.1, RI.3.2, RI.3.3, RI.3.4, RI.3.7, L.3.4, L.3.5, W.3.2, W.3.8

Tip:
Have students explain how healthy snacks help the body and why they are a good choice between meals. Ask them to find one sentence that shows a benefit and connect it to the main idea.

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READ ABOUT FOOD

Passage 8: Drinking Water and Staying Healthy

Grade 3 | Reading Comprehension

DIRECTIONS: Read the passage carefully. Pay attention to the main idea and important details.



Water is very important for the body. People need water every day to stay healthy. Water helps the body work well and keeps it cool. It also helps move nutrients through the body. When people do not drink enough water, they may feel tired or weak. Drinking water often helps people stay active and feel better.

People can drink water at any time during the day. It is important to drink water after playing, exercising, or being in the sun. Some people carry water bottles to make it easier to drink more water. Choosing water instead of sugary drinks is a healthy choice. Learning about water helps people understand how to take care of their bodies.

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Name: ..... Date: .....

Questions

Passage 8: Drinking Water and Staying Healthy

DIRECTIONS: Answer the Questions

Part 1: Multiple Choice

1. What is the main idea of the passage?

A. Water is used for cooking meals
B. Water is found in many places
C. Water is hard to carry around
D. Water helps the body stay healthy

2. When should people drink water?

A. After playing or being in the sun
B. Only during school time at school
C. Only before going to sleep
D. Only during meals and snacks

3. Why is water important for the body?

A. Build tools at home
B. Make loud sounds
C. Carry heavy items at work
D. Help the body work well

Short Answer

4. Name one time people should drink water.

_____

_____

5. What happens if people do not drink enough water?

_____

_____

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Name: ..... Date: .....

Questions

Passage 8: Drinking Water and Staying Healthy

Text Evidence

6. Write one sentence from the passage that explains why water is important.

_____

_____

Vocabulary

7. When you "carry" something, you _____.
A. leave it behind
B. take it with you
C. break it
D. change it

8. To "choose" means to _____.
A. search for something
B. move around
C. try something
D. pick something

Writing

9. Why should people drink water every day? Write 2–3 sentences.

_____

_____

_____

_____

_____

PREVIEW BIG SMART KIDS PREVIEW

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Answer Key

READ ABOUT FOOD | Passage 8: Drinking Water and Staying Healthy

Multiple Choice
1. D
2. A
3. D

Short Answer (Sample Answers)
4. After playing / after being in the sun
5. They may feel tired or weak

Text Evidence
6. “Water helps the body work well and keeps it cool.”

Vocabulary
7. B
8. D

Writing
9. Answers vary (must mention health or body)

Teacher Guide | Instructional Support

Focus:
Main Idea and Key Details

Skills:
• Identify main idea and supporting details
• Understand why water is important
• Use text evidence to support answers
• Build vocabulary in context
• Write short, clear responses

Standards Covered: RI.3.1, RI.3.2, RI.3.3, RI.3.4, RI.3.7, L.3.4, L.3.5, W.3.2, W.3.8

Tip:
Ask students to explain how water helps the body. Have them find one sentence that shows why drinking water is important.

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READ ABOUT FOOD

Passage 9: How Food Helps the Body

Grade 3 | Reading Comprehension

DIRECTIONS: Read the passage carefully. Pay attention to the main idea and important details.



Food helps the body in many important ways. Different foods give the body energy, help it grow, and keep it strong. Fruits and vegetables provide vitamins, while grains give energy. Protein foods help build muscles, and dairy foods help build strong bones. Eating a variety of foods helps the body stay healthy and work well each day.

People need to eat balanced meals to get all the nutrients they need. Eating too much of one type of food is not healthy. Drinking water is also important for the body. When people make good food choices, they can feel better and stay active. Learning about food helps people understand how to take care of their bodies.

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Name: ..... Date: .....

Questions

Passage 9: How Food Helps the Body

DIRECTIONS: Answer the Questions

Part 1: Multiple Choice

1. What is the main idea of the passage?
A. Food is only used for cooking
B. Food comes from many places
C. Food is hard to prepare
D. Food helps the body stay healthy

2. What do grains give the body?
A. Energy for daily activities
B. Loud sounds during meals
C. Heavy tools for work
D. Strong walls for houses

3. Why should people eat different types of food?
A. Build tools at home
B. Make loud sounds
C. Help the body get nutrients
D. Carry heavy items

Short Answer

4. Name one type of food that helps the body.

_____

_____

5. Why are balanced meals important?

_____

_____

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Name: ..... Date: .....

Questions

Passage 9: How Food Helps the Body

Text Evidence

6. Write one sentence from the passage that explains how food helps the body.

_____

_____

Vocabulary

7. A “balanced” meal has _____.

A. bright colors
B. cooking tools
C. the right mix of foods
D. sweet taste

8. “Balanced” means _____.

A. mixed in the right amounts
B. broken into pieces
C. moved around
D. turned into liquid

Writing

9. Why should people eat different kinds of food? Write 2–3 sentences.

_____

_____

_____

_____

_____

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Answer Key

READ ABOUT FOOD |Passage 9: How Food Helps the Body

Multiple Choice
1. D
2. A
3. C

Short Answer (Sample Answers)
4. Fruits / vegetables / grains / protein / dairy (any one)
5. They give different nutrients / help the body stay healthy

Text Evidence
6. “Different foods give the body energy, help it grow, and keep it strong.”

Vocabulary
7. C
8. A

Writing
9. Answers vary (must mention nutrients or health)

Teacher Guide | Instructional Support

Focus:
Main Idea and Key Details

Skills:
• Identify how different foods help the body
• Understand balanced meals and healthy choices
• Use text evidence to support answers
• Build vocabulary in context
• Write short, clear responses

Standards Covered: RI.3.1, RI.3.2, RI.3.3, RI.3.4, RI.3.7, L.3.4, L.3.5, W.3.2, W.3.8

Tip:
Ask students to explain how different food groups help the body. Have them connect each food type to its benefit using details from the text.

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READ ABOUT FOOD

Passage 10: Eating a Balanced Meal

Grade 3 | Reading Comprehension

DIRECTIONS: Read the passage carefully. Pay attention to the main idea and important details.



A balanced meal includes different types of foods that help the body stay healthy. These foods can include fruits, vegetables, grains, protein, and dairy. Each type of food gives the body something important. Eating a mix of these foods helps the body get energy, grow, and stay strong. A balanced meal is an important part of healthy living.

People can build balanced meals in simple ways. They can add fruits and vegetables to their plates and choose healthy drinks like water or milk. It is also important not to eat too much of one type of food. Eating a balanced meal each day helps people feel better and stay active. Learning about balanced meals helps people make smart food choices.

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Name: ..... Date: .....

Questions

Passage 10: Eating a Balanced Meal

DIRECTIONS: Answer the Questions

Part 1: Multiple Choice

1. What is the main idea of the passage?

A. Meals are eaten at different times
B. Meals are hard to prepare
C. Meals are made in kitchens
D. Balanced meals help the body

2. What foods are in a balanced meal?

A. Fruits, vegetables, grains, and protein
B. Candy, chips, and sweet drinks
C. Fried foods and salty snacks
D. Sugary drinks and desserts

3. Why should people eat balanced meals?

A. Build tools at home
B. Make loud sounds
C. Help the body stay strong
D. Carry heavy items

Short Answer

4. Name two types of foods in a balanced meal.

_____

_____

5. Why are balanced meals important?

_____

_____

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Name: ..... Date: .....

Questions

Passage 10: Eating a Balanced Meal

Text Evidence

6. Write one sentence from the passage that explains why balanced meals are important.

_____

_____

Vocabulary

7. The word “includes” shows that something _____.
A. leaves things out
B. forgets parts
C. makes less
D. has something as a part

8. To “build” means to _____.
A. break apart
B. to make or put something together
C. move things
D. change form

Writing

9. Why should people eat balanced meals every day? Write 2–3 sentences.

_____

_____

_____

_____

_____

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Answer Key

READ ABOUT FOOD | Passage 10: Eating a Balanced Meal

Multiple Choice

1. D
2. A
3. C

Short Answer (Sample Answers)

4. Fruits, vegetables, grains, protein, dairy (any two)
5. They help the body stay healthy / give energy

Text Evidence

6. “Eating a mix of these foods helps the body get energy, grow, and stay strong.”

Vocabulary

7. D
8. B

Writing

9. Answers vary (must mention health or energy)

Teacher Guide | Instructional Support

Focus:

Main Idea and Key Details

Skills:

- Understand balanced meals and food groups
- Identify main idea and supporting details
- Use text evidence to support answers
- Build vocabulary in context
- Write short, clear responses

Standards Covered: RI.3.1, RI.3.2, RI.3.3, RI.3.4, RI.3.7, L.3.4, L.3.5, W.3.2, W.3.8

Tip:

Ask students to explain what makes a meal balanced. Have them list food groups and connect each one to how it helps the body.

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