

**READ THE PASSAGE**

As you read, look for facts and opinions about healthful snacks.

**Smart Snacks**

It's not hard to see why cheeseburgers, fries, pizza, and ice cream are popular. They're delicious! But not everything that tastes good is good for you. The next time you need to feed, consider smart snacks.

Nearly everyone loves french fries made from potatoes. Did you know that other root vegetables taste great, too? Root vegetables include beets, carrots, and sweet potatoes. They contain important vitamins and minerals, and they can all do the jobs a potato can do. Raw carrots are crunchy and satisfying. Cooked beets and sweet potatoes are full of flavor. Peel them and cut them into strips, just like fries. Give them a try! You'll forget all about french fries.

Discovering new foods can be fun. Plus, if you eat healthful foods, you'll be less likely to get sick. You'll also have more energy to run and play. And you will be able to think more clearly and for longer periods of time. So start snacking smartly!

**STRATEGY PRACTICE**

Underline two facts in the passage and draw a box around two opinions.

**SKILL PRACTICE**

Read each question. Fill in the bubble next to the correct answer.

- Which of these is a fact?
  - Ice cream is delicious.
  - Carrots are satisfying.
  - Everyone loves french fries.
  - Beets have vitamins.
- Which of these is *not* an effect of eating healthful foods?
  - getting fewer minerals
  - being able to concentrate better
  - being less likely to get sick
  - having more energy to play
- Which of these is an opinion about root vegetables?
  - Carrots are crunchy.
  - Beets taste as good as potatoes.
  - Sweet potatoes are a root vegetable.
  - Root vegetables can be cut to look like french fries.
- What is the passage mostly about?
  - how to make french fries
  - the most popular snack foods
  - what to eat when you are sick
  - healthful snacks you can make from vegetables