Celebrate National Nutrition Month®!

March is National Nutrition Month. You can celebrate this special month by learning how to eat healthfully.

The ABCs of Good Health

Good health is the main goal of the American Dietetic Association. This organization gives people tips on how to live well. They say that being healthy is as easy as learning your ABCs.

Aim for Fitness!

Being healthy means getting exercise. Take time each day to play games or sports that get your body moving.

Build a Healthy Base!

Use the food pyramid¹ to help you decide what to eat during the day. The right mixture of foods will give you the energy you need to work and play.

Choose Sensibly!

Choose healthful foods. Try not to eat foods that contain lots of sugar. That will keep your body healthy.

Healthy Habits

The American Dietetic Association offers these tips for living well:

- **Break for breakfast.** You'll think better at school with a full stomach.
- **Keep clean.** Wash your hands often to stop germs from spreading.
- **Drink up!** Drink plenty of water each day—and even more during hot weather.

¹ food pyramid: a diagram that shows how much of each food group one should eat per day
“Celebrate National Nutrition Month®!” Questions

1. The main idea of this passage is:
   a. Exercise is good for you.
   b. Drink a lot of water.
   c. Being healthy is important to living well.
   d. The food pyramid is a useful guide.

2. The author writes, “being healthy is as easy as learning your ABC’s,” because
   a. the steps to being healthy start with A, B, C.
   b. being healthy is so easy a very young person can do it.
   c. it is important to teach others to be healthy.
   d. being healthy starts in school.

3. The following is not a detail from this passage.
   a. It is important to drink a lot of water.
   b. It is important to keep water clean.
   c. You need to drink extra water on hot days.
   d. Exercise is very important.

4. The following is a fact.
   a. The right mixture of foods will give you energy.
   b. Learning to be healthy is easy.
   c. Washing your hands is fast and will feel good.
   d. Breakfast is a delicious meal and should not be missed.

5. Tell one detail from this passage and explain how it supports the main idea.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
“Celebrate National Nutrition Month®!” Answer Sheet

MI 1. The main idea of this passage is:
   a. Exercise is good for you.
   b. Drink a lot of water.
   c. **Being healthy is important to living well.**
   d. The food pyramid is a useful guide.

FL 2. The author writes, "being healthy is as easy as learning your ABC's," because
   a. **The steps to being healthy start with A, B, C.**
   b. Being healthy is so easy a very young person can do it.
   c. It is important to teach others to be healthy.
   d. Being healthy starts in school.

MI 3. The following is *not* a detail from this passage.
   a. It is important to drink a lot of water.
   b. **It is important to keep water clean.**
   c. You need to drink extra water on hot days.
   d. Exercise is very important.

F/O 4. The following is a fact.
   a. **The right mixture of foods will give you energy.**
   b. Learning to be healthy is easy.
   c. Washing your hands is fast and will feel good.
   d. Breakfast is a delicious meal and should not be missed.

MI 5. Tell one detail from this passage and explain how it supports the main idea.

   Answers will vary. Students should write a detail and describe how it adds to the main idea of the passage.