

**Reading Passage Section 5: Comprehension Check**

*Directions:* Before reading the Reading Passage, decide if each sentence is (T) true or (F) false.

After reading the Reading Passage, look at each sentence again to decide if it is true or false. Did you know all the answers before you read the Reading Passage Section? What did you learn?

<b>PRE (T or F)</b>		<b>POST (T or F)</b>
_____	1. Good nutrition is also preventive care.	_____
_____	2. Good nutrition gives you energy, helps you feel good, helps you keep a healthy weight, and reduces the risk of disease.	_____
_____	3. A balanced diet means eating three (3) meals a day.	_____
_____	4. The protein group includes meats, dried beans, eggs and nuts.	_____
_____	5. The fats and sweets group includes bread, pasta and rice.	_____
_____	6. The fruit group includes yogurt and cheese.	_____
_____	7. The vegetable group includes carrots, peas and green beans.	_____
_____	8. Making a shopping list of food for meals you have planned helps you get good nutrition.	_____
_____	9. Canned fruits and vegetables are healthier than frozen fruits and vegetables.	_____
_____	10. The nutrition labels on food packages list the number of serving sizes.	_____
_____	11. Serving sizes tell you the size pan to use when cooking the food.	_____
_____	12. Expiration dates on food packages tell you how long you have to return the food to the store.	_____
_____	13. Frying foods is the healthiest way to cook foods.	_____
_____	14. Diet soda pop is healthier to drink than water.	_____

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**Reading Passage Section 5: Comprehension Check Answer Key**

*Directions:* Before reading the Reading Passage, decide if each sentence is (T) true or (F) false.

After reading the Reading Passage, look at each sentence again to decide if it is true or false. Did you know all the answers before you read the Reading Passage Section? What did you learn?

<b>PRE (T or F)</b>		<b>POST (T or F)</b>
_____	1. Good nutrition is also preventive care.	<u>    T    </u>
_____	2. Good nutrition gives you energy, helps you feel good, helps you keep a healthy weight, and reduces the risk of disease.	<u>    T    </u>
_____	3. A balanced diet means eating three (3) meals a day.	<u>    F    </u>
_____	4. The protein group includes meats, dried beans, eggs and nuts.	<u>    T    </u>
_____	5. The fats and sweets group includes bread, pasta and rice.	<u>    F    </u>
_____	6. The fruit group includes yogurt and cheese.	<u>    F    </u>
_____	7. The vegetable group includes carrots, peas and green beans.	<u>    T    </u>
_____	8. Making a shopping list of food for meals you have planned helps you get good nutrition.	<u>    T    </u>
_____	9. Canned fruits and vegetables are healthier than frozen fruits and vegetables.	<u>    F    </u>
_____	10. The nutrition labels on food packages list the number of serving sizes.	<u>    T    </u>
_____	11. Serving sizes tell you the size pan to use when cooking the food.	<u>    F    </u>
_____	12. Expiration dates on food packages tell you how long you have to return the food to the store.	<u>    F    </u>
_____	13. Frying foods is the healthiest way to cook foods.	<u>    F    </u>
_____	14. Diet soda pop is healthier to drink than water.	<u>    F    </u>

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