

## 3<sup>rd</sup> Grade Teacher Key

Informational Reading Passage: Superfoods

Accompanies *Shaping Up My Choices Nutrition Program*

**Common Core:** RI.3.10 By the end of the year, read and comprehend informational texts, including history/social studies, science, and technical texts, at the high end of the grades 2–3 text complexity band independently and proficiently.

<b>Title of Passage:</b> Superfoods	<b>Lexile Level:</b> 800L	<b>Grade:</b> 3	
<b>Text Type:</b> Informational	<b>Topics/Messages:</b> food-group foods; nutrients; health benefits; superfoods		
<b>Questions</b>	<b>Skill</b>	<b>Common Core Standards – Grade 3</b>	
1. What do all foods in a food group have in common? <b>the same main nutrient</b>	use text to answer question	RI.3.1 Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.	
2. Identify the main idea of the passage. <b>Eating a variety of superfoods can make a very big difference in your health.</b>	main idea	RI.3.2 Determine the main idea of a text; recount the key details and explain how they support the main idea.	
3. Define <b>superfoods</b> . <b>"Superfoods are natural foods that are packed full with healthy benefits. They have the power to help the body in many extra ways."</b> They are healthy foods that are extra helpful to the body.	domain-specific vocabulary	RI.3.4 Determine the meaning of general academic and domain-specific words and phrases in a text relevant to a grade 3 topic or subject area.	
4. What information is <b>only</b> provided by the chart? <b>names of the five food groups; names of the main nutrient for each group; health benefits for each main nutrient</b>	text feature provides information	RI.3.5 Use text features and search tools (e.g., key words, sidebars, hyperlinks) to locate information relevant to a given topic efficiently.	
5. Name four superfoods. <b>(any four in the picture)</b> <b>Milk, strawberries, salmon, oranges, lemons, tomatoes, beans, spinach, yogurt, almonds, blueberries, grain</b> Where is this information found in the passage? <b>in the picture</b>	illustration assists with understanding	RI.3.7 Use information gained from illustrations (e.g., maps, photographs) and the words in a text to demonstrate understanding of the text (e.g., where, when, why, and how key events occur).	