

■ ■ A Birthday Lunch for Grandmother ■ ■

Name _____

Use the following words to fill in the blanks in the story below.

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|---|------------|---------|----------------|--------------------|
| A | enriched | eyes | healthy gums | nutrients |
| B | milk | protein | vegetables | nutrition |
| C | fruits | fiber | balanced diet | Food Guide Pyramid |
| | appearance | calcium | nervous system | |

A teen named Caitlin lived in the city. Caitlin had learned about (1) _____ during her family and consumer science classes at school. Caitlin's parents also had provided a balanced diet for her family that was evident in Caitlin's healthy (2) _____. Caitlin made a point of eating plenty of dark green and yellow fruits and (3) _____. She knew they were full of vitamin (4) _____ that she needed for healthy skin and (5) _____.

Caitlin planned a nutritious lunch to celebrate her grandmother's birthday. Since her grandmother lived several blocks away, she packed a basket of foods from each group in the (6) _____. She packed slices of lean turkey for complete (7) _____. She added a loaf of whole grain bread to provide (8) _____. She packed oranges and strawberries from the (9) _____ group. Caitlin also packed an insulated container with cold (10) _____. She knew her grandmother still needed (11) _____ for strong bones, even though she was an older person. Caitlin added extra oranges, chicken, and bread for grandmother to have the next day.

On her way to her grandmother's house, Caitlin met a boy sitting on the street curb crying. Caitlin felt sorry for the boy and asked what was wrong. The boy said he was hungry. Caitlin thought that her grandmother would want to share her birthday lunch. She was thankful she had packed (12) _____ bread, a source of (13) _____ vitamins. She knew these vitamins helped keep her (14) _____ healthy. This would help the boy, too.

Caitlin shared slices of turkey and bread and two oranges with the boy. He stopped crying and thanked her. She told him the fruit was a good source of vitamin (15) _____. This was needed for (16) _____ for everyone of all ages.

Caitlin finally reached her grandmother's house. She told her grandmother about the hungry boy and how she had shared the birthday lunch. Her grandmother was pleased what Caitlin had done. They ate the remaining birthday lunch knowing that a (17) _____ would provide all the (18) _____ their bodies needed for good health.