

# Unit 3

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Reader's Notebook

### How Do You Rate Your Health?

#### Before Reading

1. Do you think kids are aware of or think about their own health?

Possible answers include: I don't think most kids think about their health, they are too busy with school and other activities.

2. Predict an answer to the pre-reading question in the blue box on page 164 of **Literacy in Action 5**.

Possible answers include: They explain how to read the legend, they provide a title.

## During Reading

1. How do you compare to the group surveyed on the graphs?

Possible answers include: I match the results in the survey.

2. Where do your results fall on the graph?

Possible answers include: I am at the high end, I am the same as about 20% of the children.

3. List other words that you can think of that use the root word meter.

## After Reading

1. What surprised you the most or the least about the survey results?

Possible answers include: I think there are more children who are unhealthy than what is reflected in the results.

2. How did it make you think about your own health?

Possible answers include: I compared myself with other kids that I personally know who are my age and asked myself how they would rate themselves.

3. What challenges do children face in making healthy choices?

Possible answers include: ads for junk food are everywhere, parents do not provide healthy food, snack machines don't have healthy food, junk food tastes better than healthy food.

4. What are some ways to make a start in being more health conscious?

Possible answers include: participate in one physical activity every day, add new fruits or vegetables to my diet.