

Schools Serve Healthful Lunches on 'Meatless Monday'



Use the News

Comprehension Check

Circle each statement below that tells something true.

1. More than 80,000 students attend schools in Baltimore.
2. Monday's new menu includes chicken fingers.
3. Black bean nachos are a popular Meatless Monday menu item.
4. Whole-grain foods are low in fat.
5. Eating more vegetables can increase the risk of heart disease.
6. Foods rich in fiber can make people feel full.
7. Last year, workers started gardens at every one of Baltimore's schools.
8. Deep-fat fryers have been ripped out of every school in Baltimore.
9. Experts say that cutting out meat one day a week can reduce water use and air pollution.
10. The Baltimore school district includes 33 different schools.

Great Grammar

Each sentence below includes two words in bold type. Circle the word that makes sense in each sentence.

1. Students in Baltimore are **given giving** up chicken nuggets on Monday.
2. Baltimore schools have **go gone** meatless on Mondays.
3. Students eat many vegetables and fruits that **is are** grown in their own state.
4. Lunches in **lot lots** of schools are getting a makeover.
5. One of the most popular foods **is are** cheese lasagna.
6. Fruits and vegetables **help helps** reduce the risk of heart disease.
7. Great Kids Farm **raise raises** eggs for some school cafeterias.
8. At the farm, students can **learn learned** about healthful foods.
9. Someday, Baltimore school leaders **hope hopes** to raise fish on their farm.
10. Experts say eating more fruits and vegetables can **save saves** the environment.

Main Idea

Draw an X on the line before the statement that best tells the *main idea* of the News for You story.

- Someday, every school in Baltimore will have its own garden.
- Baltimore is trying to improve the nutrition of its students.
- Vegetables are low in fat.
- Last summer, workers ripped out deep-fat fryers at five high schools in Baltimore.