

Name: _____

I Do Not Like Spinach!



When you are little, you always have to eat everything to have a balanced diet. My parents have always liked to cook and eat very healthy so that we did not lack any kind of vitamins that would be a problem in our growth. However, when my mother cooked spinach, I always looked for an excuse not to eat it. Sometimes, I got sick. Sometimes, I said I had a full stomach from breakfast. Come on! It was an attempt to find the best way to evade having to eat a bite.



Spinach is a vegetable with large, green leaves. It can be eaten in a salad, or they can be cooked in soup or a stew. Spinach has a lot of properties, which makes it a very healthy food.



Even though most people believe that it is an important source of iron, the truth is that this statement is a myth. The cartoon series, Popeye showed a sailor who ate a lot of canned spinach to make him stronger. This display of natural strength made many young children want to eat spinach like him. Unfortunately, it was not my case, and I continued hating spinach for a long time.

Over the years, my culinary tastes changed. Little by little, I began to like the taste of such a rich vegetable. Now, I am a father, and I also force my children to eat everything, even what they don't like. I know that later when they are a little older, they will understand that I do it for their good and because I love them very much.



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ANSWER THE QUESTIONS.



1. What does the word *evade* mean in the text?

- a. error
- b. food
- c. excuse
- d. avoid



2. Spinach does not have as much iron as previously believed because _____

- a. it is a myth.
- b. is a lie.
- c. Popeye eats them.
- d. they come in a can.



3. How can spinach be prepared?

- a. stewed
- b. in salad
- c. in soup
- d. All of the above are correct.



4. From the text, you realize that when the main character is older, _____

- a. he doesn't want to eat spinach.
- b. he likes the taste of vegetables.
- c. he let's his children eat what they want.
- d. he loves spinach.



5. The word *bite* comes from _____

- a. always go hand in hand with an adult.
- b. take a taxi because it is very big.
- c. bring lots of money.
- d. All of the above are false.

