

Name \_\_\_\_\_

Date \_\_\_\_\_

4. Sylvester Graham's Birthday - July 5, 1794

## These Can't Be Healthy



Roger loves chocolate chip cookies, especially the ones his mother makes. If she would let him, he'd eat cookies for every meal. Mother knows better, though, and insists that Roger eat the healthy food on his plate - things like fruits, vegetables, chicken, and fish. She tries to get him to eat whole grain bread, but he tells her it tastes like cardboard. He hasn't really given whole grains a fair chance, though. He just decided that if they are healthy, then they must have little or no flavor.

One day while Roger's mother was at the grocery store, she saw a box of Graham crackers on the shelf. She had not eaten those since she was a little girl and had forgotten how delicious they were. Graham crackers are made with whole wheat flour, so they are not only tasty but more nutritious, as well. She decided to do a little experiment with Roger. She would give him Graham crackers for his after school snack but not tell him they were made with whole wheat until after he had eaten them.

When Roger got home from school, he was so hungry he gobbled up the Graham crackers without even asking what they were. When his mother told him about the Graham crackers, Roger was shocked and said, "These can't be healthy. They taste too good."

His mother laughed and said, "Maybe there is hope for you learning to like whole-grain foods, after all."

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*Directions: Based on the story, are the statements below true or false. Fill in the circle .*

1. In the story, Roger loves eating chocolate chip cookies.  
 True     False
2. Roger's mother lets him eat cookies for every meal.  
 True     False
3. Roger's mother bought Graham crackers for Roger to try.  
 True     False
4. Graham crackers are made with whole wheat flour and are a healthier snack.  
 True     False
5. Roger ate the Graham crackers after school but did not like their flavor.  
 True     False