

S Is for Summary

New Paragraph	
<p>Facts: Information found right in the book. You can show what you know!</p> <p>Describe the purpose of the five food groups with facts.</p>	<p>Announce what this paragraph will be about: The 1st Dietary Guideline (bullet #1 on page 266)</p> <p>Build up with the facts from all the bullets about the food groups with important details (bullets found on pages 268–269).</p>
<p>Inferences: $I = tc + (bk + e)$</p> <p>Make an inference for each food group fact or as a whole.</p>	<p>Build up your facts:</p>
<p>Vocabulary:</p>	<p>Build up your facts and define: Choose My Plate diagram</p>
<p>Experiences: Connect what you have read in some way.</p>	<p>Connect: Which food group(s) do you need to eat more of? Example—I need to eat more fruits because I don't eat them every day. This means I am not getting important nutrients; that could make me sick.</p>
New Paragraph	
<p>Facts: Information found right in the book. You can show what you know!</p>	<p>Announce what you are writing about: The 2nd Dietary Guideline (bullet #2 on page 266)</p> <p>Build up this fact; why do you need to do this? Because:</p>
<p>Inferences: Make a good assumption about meaningful information from $t + (bk + e)$</p>	<p>Build up your facts: Hint—Find the calorie connection in chapter 11 on page 290.</p>
<p>Vocabulary:</p>	<p>Build up your facts and define: calories and/or sedentary lifestyle</p>

Figure 6.2: FIVES worksheet for active engagement while reading.

continued →

THE FIVES STRATEGY FOR READING COMPREHENSION

<p>Experiences:</p> <p>Connect what you have read in some way.</p>	<p>Connect:</p> <p>What is your plan to balance the food you eat and with physical activity?</p> <p>Example—I plan on balancing the food I eat by making sure I get outside and play basketball on a daily basis. If I eat a meal that is high in fat, I will make sure I work the extra calories off by playing for a longer period of time.</p>
<p>New Paragraph</p>	
<p>Facts:</p> <p>Information found right in the book. You can show what you know!</p>	<p>Announce what you are writing about:</p> <p>The 3rd Dietary Guideline (bullet #3 on page 266)</p> <p>Build up this fact; why do you need to do this? Because:</p>
<p>Inferences:</p> <p>$I = tc + (bk + e)$</p>	<p>Build up your facts:</p>
<p>Vocabulary:</p>	<p>Build up your facts and define:</p> <p>nutrient-dense foods</p>
<p>Experiences:</p> <p>Connect what you have read in some way.</p>	<p>Connect:</p> <p>What foods do you like and can you eat in order to get the most nutrition out of your calories?</p> <p>Example—I try to eat a vegetable for dinner that is either green or orange, such as squash. When I eat salad, I choose spinach leaves and romaine lettuce instead of iceberg lettuce.</p>
<p>Conclusion Paragraph</p>	
<p>Summary:</p> <p>Give a short retell of the most important parts you discussed in your essay. Leave the reader in awe or feeling glad that they read your assignment.</p>	<p>Conclude:</p> <p>Restate your main controlling idea.</p> <p>In conclusion, it is possible to avoid obesity and chronic diseases with proper nutrition. The United States Department of Agriculture and the Department of Health and Human Services have created a great resource for Americans to use in order to incorporate the three Dietary Guidelines: make smart choices from every food group; balance food with physical activity; and get the most nutrition from the calories consumed. The Choose My Plate diagram is a great visual aid to help people of all ages stay healthy.</p>

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