

Progress Monitoring Probe 3

Food for Thought

Jay is growing up on a farm where almost nothing he eats comes in a wrapper. For example, for breakfast yesterday he had two eggs gathered from the henhouse and a peach he plucked from a backyard tree. For lunch, he ate a sandwich made with homemade bread, and for supper, he had squash and tomatoes picked from the garden and fish that his dad had caught.

Jay is aware of other ways of eating, though. He is familiar with the endless rows of snack foods on the shelves of the supermarket in town and the boxy restaurants that sell hamburgers and fried chicken to go. He doesn't understand why these are called "convenience foods," since you have to drive all that way to get them, when you could just walk to the kitchen and slice a piece of homemade pie or pick a plum off a tree in the yard. Jay thinks they should be called "inconvenient" foods because it takes so much more work to get them.

Last summer, he visited his cousin Ben for a week. "Are you hungry?" Ben asked on the day Jay arrived. Jay was indeed hungry after the long train trip, so Ben opened a huge bag of potato chips. In no time, Ben and Jay had eaten most of the chips.

Jay was surprised at how many chips he ate, but he was even more surprised at how hungry he still felt. As the week went by, Jay ate many other kinds of snack foods and fast foods. He couldn't exactly say that he liked the salty and sugary foods, but he found himself eating a lot of them, even when he wasn't hungry.

When Jay returned home and to his usual way of eating, he had a new appreciation for the fresh, homegrown foods his

Food for Thought (Continued)

family ate. He saw that it meant something to be connected to the food he ate, especially when it came to him from human hands instead of out of a bag.

Total words: _____ errors: _____ = words correct: _____

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