

NAME: _____

DATE: _____

Learning Strategy
(Unit 5, page 60, Reading)

READING STRATEGY: reading for general idea

When reading for the general idea of an article, skim the article for the most important information. Don't spend time on every word.

For example, in the article "Healthy Eating Tips," only these pieces of information are important.

- Start your day --- ----- . Eat breakfast.
- Take a piece of fruit -- ----- -- during your commute. -- ----- , -- ----- , -----
-----.
- Use "lite" dairy products, ----- --- low-fat and better for your health.
- --- ----- -- --- meat, trim all ----- fat.
- Fried foods? Snacks? Desserts? Sweets? ----- ----- , -----
high in calories and --- -- high in fat, salt, and sugar.
- Pack ---- --- ----- -- raw veggies. Buy healthy snacks ---- -----.
- Cut down on portion size -- ----- -----.
- Eat ----- in moderation.

PRACTICE

Restate each tip in your own words.

1. *In the morning, eat breakfast* _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.