

Name: _____

Tasty Togetherness

Directions: Read the story “Dinnertime!” on page 18. Then answer the questions below.

- Which of the following best summarizes the story?
 - Eating more vegetables at dinnertime is healthy for you.
 - There are ways to make dinner quickly and easily.
 - Eating meals with your family offers a lot of benefits.
- “Eating meals together has been a ritual for many years. It’s only been in somewhat recent history that people have become less likely to eat a family meal.” In the sentences above, *ritual* means
 - holiday meal.
 - an activity that is repeated.
 - an activity that is hard to make time for.
- A *wok* is:
 - when you take your dog out on a leash.
 - a type of noodle.
 - a kind of cooking pan.
- Which of the following best explains this sentence: “Teens who eat with their families five or more times per week are less likely to abuse drugs, alcohol, and tobacco.”
 - Teens who are close to their families are more likely to make healthy choices.
 - Teens can’t get drugs and alcohol if they are home for dinner every day.
 - Teens who do drugs, drink, and smoke are not as hungry as other teens.
- In the article, why might Dylan have shared the story about the time his dog tried to steal the fish his family planned to eat for dinner?
 - because it’s important to make sure your pets don’t get near your food
 - It’s an example of a fun time his family had while cooking together.
 - to warn people not to buy expensive fish
- Plan a special meal to be eaten with your family, some friends, or a group of other loved ones. List when and where you will have the meal and what you will eat. Don’t forget to list whom you will invite!
