

# Fact & Opinion • Healthy Habits • 1

To identify facts and opinions as you read, remember:

- A **fact** is a statement that can be proved to be true.
- An **opinion** is a statement of someone's personal belief or feeling.
- **Signal words**, such as *believe*, *think*, *feel*, and *unfair* help you recognize an opinion.

Read "Snack Attack."

Identify facts and opinions.

Then mark the text.




## Snack Attack

Many kids think cookies are the best snack. They want them every day after school. Many parents do not agree. They believe that fruit is a better snack. They buy apples for snacks.

A cookie can have about 140 calories. That is a lot for one snack. An apple has 60 calories. It also has vitamins B and C.




Which snack do you think is better?

### Fact & Opinion Text Marks

-  Circle a **fact**.
-  Underline an **opinion**.
-  Box the **signal word**.

### Mark the Text

Identify facts and opinions.

-  Circle two facts.
-  Underline two opinions.
-  Box the signal words.

Read “Feeling Fit.”  
Identify facts and opinions.  
Then mark the text.

### Feeling Fit

Fitness is a hot topic. How do kids feel about it? Should they exercise more? Some kids say no. They believe they are fit enough. At home, they watch TV. Or, they play on the computer. On average, kids watch about 28 hours of TV every week. If you add on computers and cell phones, it’s 53 hours a week.

Other kids think that more exercise is better. They play sports after school. They walk, ride their bikes, or run. Many doctors tell their kid patients to get about 60 minutes of exercise every day. They believe in fitness first.

What about you? Are you feeling fit?



#### Mark the Text

Identify facts and opinions.

- Circle three facts.
- Underline two opinions.
- Box the signal words.

Read “Milk or Soda?”  
Identify facts and opinions.  
Then mark the text.

## Milk or Soda?

What we drink is as important as what we eat. Drinks can be good for you or bad for you. They can be full of vitamins or full of calories.

Some kids believe that milk is a great drink. They like to have it with peanut butter and jelly sandwiches. Milk has several vitamins and calcium. Calcium is a mineral that builds strong bones. Other kids think soda tastes better. Soda doesn't have any vitamins. A can of soda has about 150 calories, all of them from sugar.

What is your choice? Do you like milk or soda better?



### Mark the Text

Identify facts and opinions.

- Circle three facts.
- Underline two opinions.
- Box the signal words.