The Soda Habit

Damian loved soda. He loved soda so much that he drank it for breakfast, lunch, and dinner. He drank so much soda that his family had to get three recycling bins, just to get all of the empty bottles out to the curb once a week. Damian thought soda was great, and nobody could tell him any different.

One day a nutritionist came to visit Damian’s class. She talked to the students about the kinds of foods they should be eating. She also talked to them about the kinds of foods - and drinks - they should consume in moderation. Soda was at the top of her list.

Damian raised his hand. “There is nothing wrong with soda,” he said.

“Soda contains a lot of sugar,” the nutritionist said. “If you consume too much sugar, your body doesn’t know what to do with it. Drinking too many sodas, for too long, will eventually make you sick. It can cause a disease called diabetes.”

Damian’s father had this disease. Damian knew all about diabetes. His father could not eat any sweets. He had to get a shot every day. He had to be careful not to stub his toes or cut his fingers, since it would take any wound a very long time to heal.

I do not want to have to have a shot every day, Damian thought to himself. I do not want to have to stop eating sweets.

That night at dinner, instead of a soda, Damian filled a glass of water at the sink.

“Are you okay?” his father asked.

“Yes,” Damian said. “A nutritionist came to my class today, and I have decided that I will stop drinking so much soda.”
DIRECTIONS: Read each story event. What comes next? Write the letter of what comes next on the line.

_____ 1. Damian drinks a lot of soda every day.
   A. Damian doesn’t want to have a shot every day.
   B. A nutritionist comes to Damian’s school.
   C. Damian’s father asks him if he is okay.

_____ 2. Damian raises his hand and says there is nothing wrong with soda.
   A. Damian doesn’t want to have a shot every day.
   B. A nutritionist comes to Damian’s school.
   C. The nutritionist explains why too much soda is unhealthy.

_____ 3. Damian thinks about how his father has diabetes.
   A. Damian gets himself a glass of water to drink with dinner.
   B. A nutritionist comes to Damian’s school.
   C. Damian’s father asks him if he is okay.

_____ 4. The nutritionist says soda contains a lot of sugar.
   A. Damian tells the nutritionist there is nothing wrong with soda.
   B. Damian thinks about what the nutritionist has said.
   C. Damian decides he doesn’t want to have a shot every day.