The Smart Snacking Choice

Directions: Read the essay. Answer the questions.

Homemade oatmeal cookies are not only a better snack option than a candy bar or pack of crackers, they are actually good for you. While processed foods strip the nutrients out during processing, homemade treats keep the nutrients in. One one-ounce, homemade oatmeal cookie will give you up to 27 mg of folate—6% of your daily recommended allowance (RDA)—a B vitamin that your body uses to make energy. It will also give you small amounts of vitamin A and vitamin K. Oatmeal cookies are also a good source of iron. A one-ounce, homemade oatmeal cookie contains .70 mg of iron—9% of the RDA for men and 4% of the RDA for women. It also contains small amounts of potassium and zinc. Finally, oatmeal cookies are a great source of fiber. A one-ounce, homemade oatmeal cookie will give you a whole gram of soluble fiber, which reduces “bad” cholesterol and lowers your risk of heart disease. Soluble fiber also helps regulate your blood sugar. So the next time you have a sweet tooth, don’t try to talk yourself out of it. Simply make the smart choice, and have an oatmeal cookie!

1. What is the author’s purpose in writing this article?
   A. To provide nutritional information about oatmeal cookies.
   B. To convince people to eat oatmeal cookies.
   C. To prove processed food isn’t healthy.
   D. To discourage people from between-meal snacking.

2. Does the author support the assertion that homemade cookies retain their nutrients?
   A. Yes
   B. No

3. Explain your answer to #2.

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