

# 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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