

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

### Learning Strategy

#### (Unit 4, page 46, Reading)

#### READING STRATEGY: reading for general idea

When reading for the general idea of an article, skim the article for the most important information. Don't spend time on every word.

For example, in the article "Get Smart! Eating on the go," you can understand the general idea by reading just these sentences and phrases.

- ----- Have chicken rather than red meat. -----, -----  
-----.
- Go light on the sauce. -----, -----, -----  
-----!
- ----- Ask for tomato, lettuce, onion, or other veggies on your sandwich.  
-----.
- Go for the regular size, -----.
- ----- If you need a side order of  
something, consider a fruit cup or a side salad, -----  
-----.
- ----- When you just have to have something sweet, opt for some  
delicious low-fat frozen yogurt or fruit ices -----  
-----!

## PRACTICE

Restate each tip in your own words.

1. *Order grilled chicken, not red meat* \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.
4. \_\_\_\_\_.
5. \_\_\_\_\_.
6. \_\_\_\_\_.