

# The Case Against Soda

Soda. Pop. Soda pop. Whatever you call it, those sugary, fizzy drinks that the world has come to love are not very good for you. Why not?

First, they can cause you to put on the pounds. A typical can of soda (sixteen ounces) contains 207 calories. Drinks are often forgotten as a calorie source, and it's easy to get 500 calories a day from a couple of cans of soda. That's around one fourth of your daily caloric needs that you don't even notice! And that doesn't give you any nutrition.

Then, they're bad for your teeth. Sugar is known to cause tooth decay. So the more soda you drink, the more likely you'll be spending a lot of quality time with your dentist.

If that's not enough, there are hidden dangers. Soda contains something called phosphoric acid—that's what makes it fizzy. Too much phosphoric acid can cause an imbalance of the minerals calcium and phosphorus in your body. That imbalance is bad for the growth and strength of your bones.



How are kids to make good decisions about what to drink when the soda companies pay their schools to put soda machines right in the hall? That practice may be coming to an end! Several states have passed laws limiting or eliminating vending machines in schools.

Like everything related to food and drink, moderation is best. Having a soda now and then isn't going to hurt you! But several cans of soda every day is not good for your health. ■

The Case Against Soda  
Comprehension Check

Name \_\_\_\_\_ Date \_\_\_\_\_

1. What does this story tell the most about? (MI)
  - A. How to drink soda
  - B. The process of making soda
  - C. How soda is harmful
  - D. Recycling is important
  
2. What point does the last paragraph make?
  - A. Soda is fun to drink
  - B. Drinking soda occasionally is okay
  - C. Many people drink too much soda
  - D. It is difficult to make soda
  
3. Why is soda harmful to your body?
  - A. It can add weight to your body
  - B. Soda causes teeth decay
  - C. Soda causes an imbalance for your growth
  - D. All of the above
  
4. What are schools doing to help kids make good decisions?
  - A. Getting rid of vending machines
  - B. Having kids pay more for each soda
  - C. Suing vending machine companies
  - D. Making soda healthy
  
5. Where did this passage probably come from?
  - A. A book of fairy tales
  - B. A newspaper
  - C. A chapter book with characters
  - D. A cookbook

# A Pet Iguana?

So you think you wanna iguana? You might want to think again!

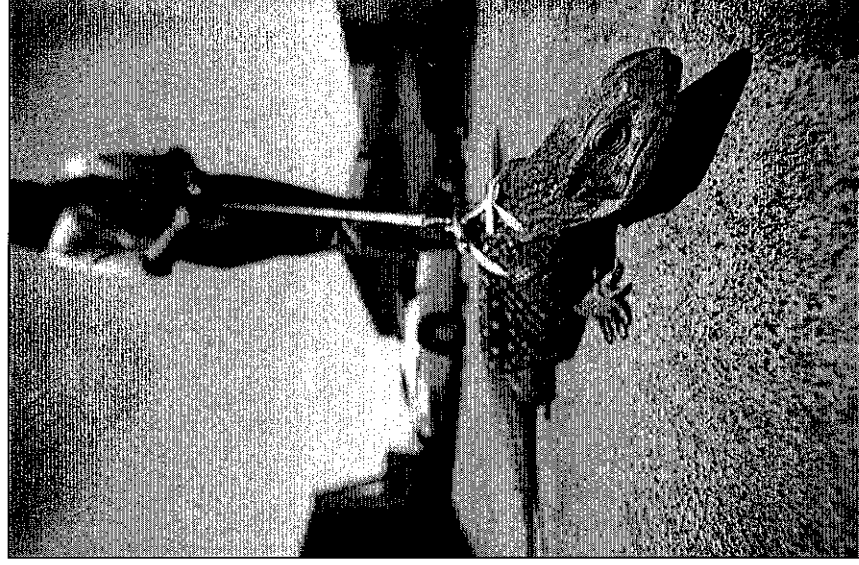
The cute eight-inch reptile at the pet store will grow to an adult size of up to six feet. That means an "ig" needs a pretty big cage; some pet iguanas get their own room in the house! And that room needs to be kept between 70 and 95 degrees at all times.

They also require humidity. Keep the plant mister handy, because you will need to mist your iguana several times a day.

Adult iguanas have sharklike teeth that can bite off a human finger! You will need to train your young ig to be tame and friendly.

And when you're not misting or playing with or controlling the temperature for your iguana, you might be in the kitchen preparing its food. Iguanas cannot eat meat or meat-based food; it will kill them. So get out the food processor (with adult supervision) and start shredding fruits and vegetables like romaine lettuce, squash, melons, spinach, and seedless grapes.

Your iguana will need a pool to soak in. It will also use this pool as a toilet, so you will need to clean it every day. You will need to let it swim in the bathtub regularly. And finally, after a day of controlling the temperature, taming your



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**Pet iguanas require very special attention.**

iguana, misting it, preparing its meals, and changing its wading pool, you'll need to cover its cage—an iguana needs darkness to be able to sleep. That's a lot of care!

Do you still think you wanna iguana? ■

A Pet Iguana?  
Comprehension Check

Name \_\_\_\_\_ Date \_\_\_\_\_

1. What does this story tell the most about? (MI)
  - A. How to take care of a pet iguana
  - B. The process of bathing an iguana
  - C. How dangerous iguanas are to humans
  - D. Importance of saving iguanas
  
2. What point does the last paragraph make?
  - A. Iguanas are a hard pet to take care of
  - B. Pools are where you find iguanas
  - C. Many people have iguanas as pets
  - D. It is difficult to put an iguana in his cage
  
3. Why is it important to train your iguana to be tame?
  - A. So it will go to the bathroom in the toilet
  - B. So it won't run away
  - C. So your pet iguana will not bite you and hurt you
  - D. So your iguana can do tricks
  
4. What can you do to make sure you take proper care of you iguana?
  - A. Do not feed it meat based foods
  - B. Give it a pool to soak in
  - C. Keep it in a large cage
  - D. All of they above
  
5. Where did this passage probably come from?
  - A. A pet care book
  - B. A book of fairy tales
  - C. A chapter book with characters
  - D. A book of poems