

Grade 11 -- Informational Drinking Water

Drinking water is an easy, healthy lifestyle choice that offers great direct health benefits to your body. Water is necessary for the body to function correctly on a daily basis. Getting enough water helps your body regulate its internal temperature, helps with digestion and ridding the body of toxins, and even improves the look of your skin.

Drinking water has been linked to a decrease in headaches and even lessens the risk of heart attacks. In a recent study, participants who drank five or more glasses of water a day were 41% less likely to die from a heart attack than those who only drank less than two glasses a day.

Once the body becomes dehydrated from lack of water, fatigue, muscle weakness, and even dizziness can occur. If you feel thirsty, you are already dehydrated. However, you must consider what types of hydration you use to meet the daily suggestions. Although it might be easier to reach for sodas, teas, juices, or sport drinks, water is the best option. Not only does it regulate your system, but it is also best for your overall health.

Because water has zero calories, zero sugar, and zero carbohydrates, your body can absorb and quickly use it. Other "water alternatives" may help you hydrate, but they may also add unwanted elements in the form of sugars and carbohydrates. Drinking water is not only the easiest lifestyle choice to begin today, but it also has immediate health benefits. Grab a glass of water today!

1) What is one possible result of dehydration? (LA.12.1.6.d)

- a) better overall health
- b) extra carbohydrates
- c) improved skin appearance
- d) increased risk of heart attack

2) Which statement summarizes the main idea of this text? (LA.12.1.6.d)

- a) Drinking water improves skin.
- b) Drinking water has many health benefits.
- c) Drinking water keeps people from becoming dehydrated.
- d) Drinking water decreases the number of headaches people get.

3) What is the author's purpose? (LA.12.1.6.a)

- a) to entertain
- b) to inform
- c) to persuade
- d) to describe

4) Based on the reading, what is an early sign of dehydration? (LA.12.1.6.j)

- a) shakiness
- b) increased thirst
- c) ringing in the ears
- d) increased heart rate

5) What is the reason water is a better hydration choice than "water alternatives"? (LA.12.1.6.j)

- a) Water prevents heart attacks.
- b) Water has many useful calories.
- c) Water is easily absorbed by the body.
- d) Water decreases the chances of headaches.

6) What is one possible result of dehydration? (LA.12.1.6.d)

- a) better overall health
- b) extra carbohydrates
- c) improved skin appearance
- d) increased risk of heart attack

7) Which statement summarizes the main idea of this text? (LA.12.1.6.d)

- a) Drinking water improves skin.
- b) Drinking water has many health benefits.
- c) Drinking water keeps people from becoming dehydrated.
- d) Drinking water decreases the number of headaches people get.

8) Which answer represents a graphic element that would support the author's position?
(LA.12.1.6.f)

- a) A photograph depicting a person drinking soda.
- b) A list of "water alternatives" one could drink in place of water.
- c) A table relating heart attack probability to the amount of water one drinks.
- d) A pie chart showing that high school athletes drink more sports drinks than water.

C4L Reading - Item Writing Tally Sheet

Grade 12 - Informational

Passage Name: Drinking Water

Gr12 Vocabulary	DOK Levels	DOK 1	DOK 2	DOK 3	Total Items
LA 12.1.5 Vocabulary: Students will build literary, general academic, and content specific grade level vocabulary.					
LA 12.1.5.a <i>Determine meaning of words through structural analysis, using knowledge of Greek, Latin, and Anglo-Saxon roots, prefixes, and suffixes to understand complex words, including words in science, mathematics, and social studies</i>	1, 2				
LA 12.1.5.c <i>Independently apply appropriate strategy to determine meanings of unknown words in text</i>	2				
LA 12.1.5.d <i>Use semantic relationships to evaluate, defend, and make judgments</i>	2,3				
Gr12 Comprehension	DOK Level	DOK 1	DOK 2	DOK 3	Total Items
LA 12.1.6 Comprehension: Students will extract and construct meaning using prior knowledge, applying text information, and monitoring comprehension while reading grade level text.					
LA 12.1.6.a <i>Evaluate the meaning, reliability, and validity of the text considering author's purpose, perspective, and information from additional sources</i>	2, 3		1		1
LA 12.1.6.c <i>Analyze the function and critique the effects of the author's use of stylistic and literary devices (e.g., allusion, symbolism, irony, foreshadowing, flashback, metaphor, personification, epiphany, oxymoron, dialect, tone, mood, transitional devices)</i>	2, 3				
LA 12.1.6.d <i>Summarize, analyze, synthesize, and evaluate informational text</i>	2, 3		2		2
LA 12.1.6.e <i>Apply knowledge of organizational patterns found in informational text (e.g., sequence, description, cause and effect, compare/contrast, fact/opinion, proposition/support, concept definition, question/answer)</i>	2				

<p>LA 12.1.6.f <i>Analyze and evaluate information from text features (e.g., index, annotations, photographs, charts, tables, graphs, headings, subheadings, lists)</i></p>	2, 3			1	1
<p>LA 12.1.6.g <i>Analyze and evaluate inferences based on the characteristics of narrative and informational genres and provide evidence</i></p>	2, 3				
<p>LA 12.1.6.j <i>Generate and/or answer literal, inferential, critical, and interpretive questions, analyzing, synthesizing, and evaluating prior knowledge, information from the text and additional sources, to support answers</i></p>	1, 2, 3	1	1		2