**Learning Vocabulary for Reading #1**

As you read the article “Chapter 4: Foods and Nutrients to Increase,” circle all vocabulary words that are unfamiliar or confusing. Select 10 of these words and use the columns in the chart below to write the words and page numbers where they are found. In the third column, write what you *think* the word means. Then read each word in its sentence again using context clues surrounding it to determine the general meaning. Context clues such as transition words, punctuation, word roots, examples, analogies, and other related words in the sentence all suggest what the word might mean. Sometimes it is also helpful to reread the sentences before and after the sentence that contains the unfamiliar word. Consult a dictionary if you need more help.

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| **New Word** | **Page no.** | **I think it means…** | **The meaning of the word used in this context…** |
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