

## LESSON

## 11

## Author's Perspective

WORDS  
TO KNOW

**Author's perspective** a writer's opinion about a subject, which affects the way a text is written

## Review It!

Read these sentences. Use the Hint to help you figure out the author's perspective.

The pizza at Rocco's Restaurant is the best. It has delicious crust and lots of cheese. No one should buy pizza anywhere else!

**Hint** The phrases *best*, *delicious crust*, and *lots of cheese* support the author's viewpoint about the pizza at Rocco's.

## Try It!

Read this passage. As you read, underline words that help you figure out the author's perspective.

- 1 Good health habits early in life are important. Being fit when we're young gives us a better chance to be healthy adults. Just follow these tips.
- 2 **Eat well.** Eating a variety of healthy foods gives you proper nutrients and lowers your risk for disease. It also makes mealtime more interesting.
- 3 **Drink water.** When you're thirsty, stop and take a long, cool drink of water or milk. A lack of fluids can make you feel sick.
- 4 **Get enough sleep.** Sleep may seem boring, but sleep gives your body a chance to rest and helps you grow. Some scientists think your brain stores information and solves problems while you sleep.
- 5 **Be active.** Exercise helps keep you at a proper weight, makes muscles stronger, and reduces the risk of some diseases. It can be lots of fun, too!
- 6 To be a healthier, happier kid and adult, stay fit!

Now, use the passage to answer the questions on the following page.

1. In this passage, the author is trying to convince the reader to
  - A. eat well
  - B. be happy
  - C. practice good health habits
  - D. make mealtime interesting
  
2. In paragraph 2, which fact supports the author's idea that young people should eat a variety of healthy foods?
  - A. They place you at risk for disease.
  - B. They help you grow.
  - C. They keep you at a proper weight.
  - D. They give you proper nutrients.
  
3. In paragraph 3, how does the author try to convince the reader that drinking water is important?
  - A. The author includes a negative result of not drinking enough water.
  - B. The author includes all the benefits of drinking plenty of water.
  - C. The author tells you that water tastes good.
  - D. The author tells you why water is important.
  
4. Based on the information in paragraph 5, with which of the following would the author **most likely** agree?
  - A. Exercise keeps you healthy and happy.
  - B. Exercise may be boring, but it is still important.
  - C. You don't need to exercise if you're at the proper weight.
  - D. The most important thing about exercise is that it builds strong muscles.



2.

Which words support the idea that eating a variety of healthy foods is important?

3.

Reread paragraph 3. Which of the answer choices appears in the paragraph?

5.

How can you summarize the author's opinions about maintaining good health?

**In Your Own Words**

5. Write a sentence that tells the author's perspective on staying fit.

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