Junk Food Writing

Grade 3

Name _____ Date _____

Remember: Informative writing **explains** or **teaches** with facts. Start with a **topic sentence**, give **three details**, and finish with a **closing sentence**.

Linking words: *First ... Next ... Also ... Finally ...*



1. Fact or opinion?

Informative writing uses facts. Circle **fact** or **opinion**.

1	Many chips and candies have lots of salt, sugar or fat.	fact	opinion
2	Chips are the yummiest snack in the world.	fact	opinion
3	Sugary drinks can cause cavities in your teeth.	fact	opinion
4	Pizza is better than tacos.	fact	opinion
5	Fruits and vegetables have vitamins your body needs.	fact	opinion
6	Candy tastes better than carrots.	fact	opinion

2. Topic and closing sentences

Circle the best sentence.

1. Which is the best topic sentence?

(a) I had fries yesterday.
(b) Junk food is fine as a treat, but it should not be an everyday food.
(c) My favourite colour is green.

2. Which is the best closing sentence?

(a) Eat junk food only sometimes, and fill up on healthy food the rest of the time.
(b) Burgers are round.
(c) First, wash your hands.

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3. Plan your paragraph

Explain what junk food is and why it is best as a sometimes food. Name some healthy snacks to eat instead. Plan first. Write short notes.

Topic sentence: what will you explain?

Detail 1

Detail 2

Detail 3

Closing sentence

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4. Write your paragraph

Use your plan. Indent the first line.

Prompt: Explain what junk food is and why it is best as a sometimes food. Name some healthy snacks to eat instead.

Check: ☐ Topic sentence ☐ Three facts or details ☐ Linking words (first, also, finally) ☐ Closing sentence ☐ Capitals and periods

Answer Key

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1. Fact or opinion?

1	Many chips and candies have lots of salt, sugar or fat.	**fact**	opinion
2	Chips are the yummiest snack in the world.	fact	**opinion**
3	Sugary drinks can cause cavities in your teeth.	**fact**	opinion
4	Pizza is better than tacos.	fact	**opinion**
5	Fruits and vegetables have vitamins your body needs.	**fact**	opinion
6	Candy tastes better than carrots.	fact	**opinion**

2. Topic and closing sentences

1. Which is the best topic sentence?

- a. I had fries yesterday.
- **b. Junk food is fine as a treat, but it should not be an everyday food.**
- c. My favourite colour is green.

2. Which is the best closing sentence?

- **a. Eat junk food only sometimes, and fill up on healthy food the rest of the time.**
- b. Burgers are round.
- c. First, wash your hands.

3. Plan your paragraph

Sample notes. Answers will vary.

Topic sentence: what will you explain?

junk food is a treat, not an everyday food

Detail 1

lots of sugar, salt or fat; not many vitamins

Detail 2

sugar can cause cavities; it fills you up but not with what your body needs

Detail 3

healthy snacks instead: apple, yogurt, carrots

Closing sentence

junk food sometimes, healthy food most of the time

Model Answer

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4. Write your paragraph

A model answer to share with students. Their writing will be different.

Junk food is fine as a treat, but it should not be an everyday food. Junk food, like chips, candy and pop, often has lots of sugar, salt or fat but not many vitamins. Too much sugar can cause cavities in your teeth. Junk food can also fill you up, so there is less room for the foods your body needs to grow. Instead, try healthy snacks such as apple slices, yogurt or carrot sticks. Eat junk food only sometimes, and fill up on healthy food the rest of the time.