



Essential Question

What choices are good for us?



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Smart Choices

Some decisions are easy. This crispy carrot is my favorite snack, and it is delicious and healthy. Making good choices makes me feel good.

- ▶ We make many decisions every day.
- ▶ Smart choices help us live healthy lives.

Talk About It



Write words you have learned about choices. Talk with a partner about making smart decisions.

Smart Choices
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Vocabulary

Use the picture and the sentence to talk with a partner about each word.



aroma

Carl smells the sweet **aroma** of the flowers near his house.

What is your favorite aroma?



expect

I see clouds, so I **expect** it will rain today.

What do you expect to do while it is raining?



flavorful

Jo and Tori eat lunches that are delicious and **flavorful**.

What are some of your favorite flavorful foods?



graceful

Katie is a **graceful** dancer.

What word means the opposite of graceful?



healthful

Sue chooses **healthful** foods at the market.

What is a good example of a healthful lunch?



interrupted

A small dog **interrupted** the soccer game.

How might you feel if someone interrupted you?



luscious

These strawberries are sweet and **luscious**.

What is another word for luscious?



variety

The bookstore has a large **variety** of books by my favorite author.

Where else could you find a variety of books?

Your Turn

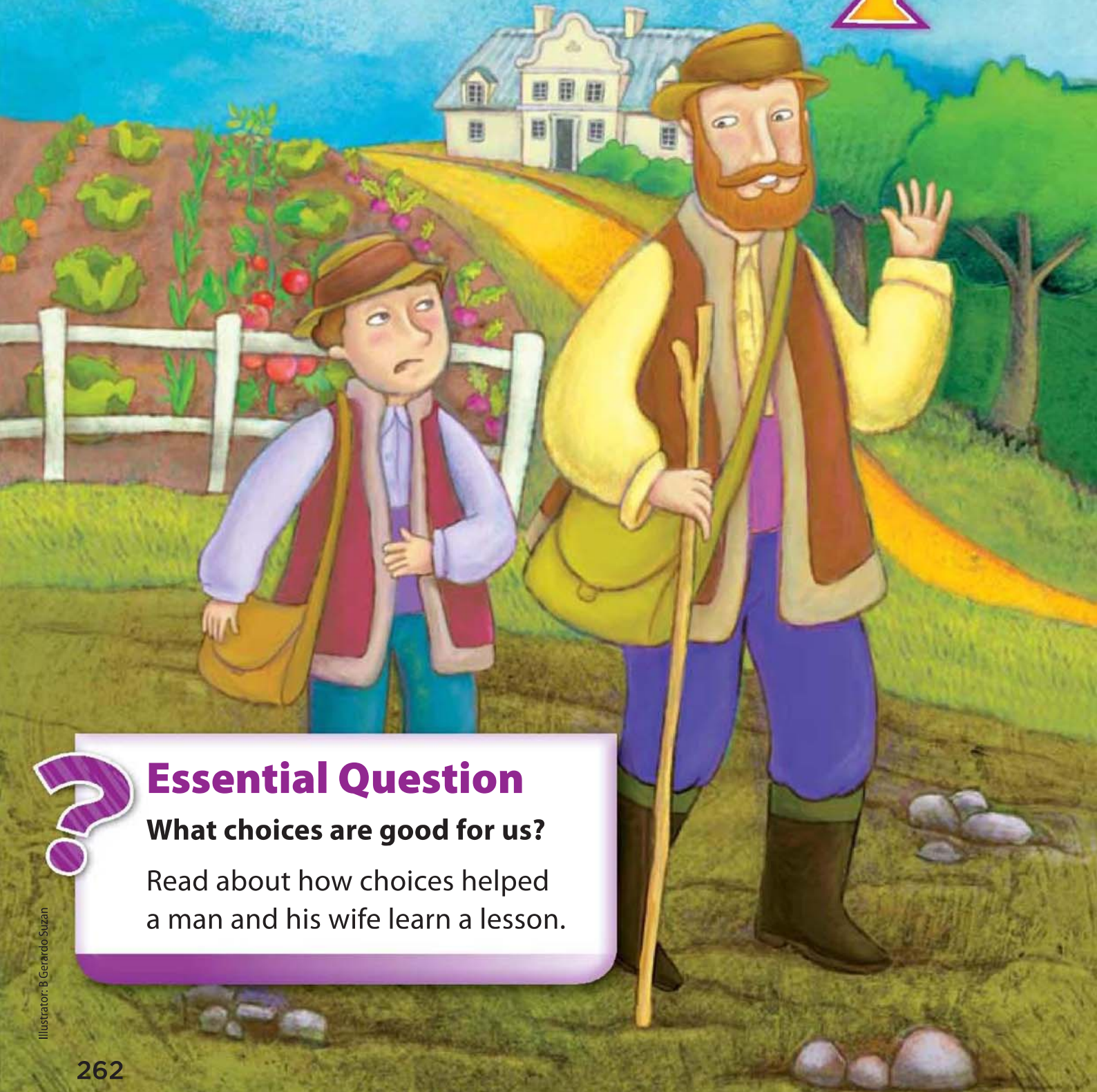
COLLABORATE



Pick three words. Then write three questions for your partner to answer.

Go Digital! Use the online visual glossary

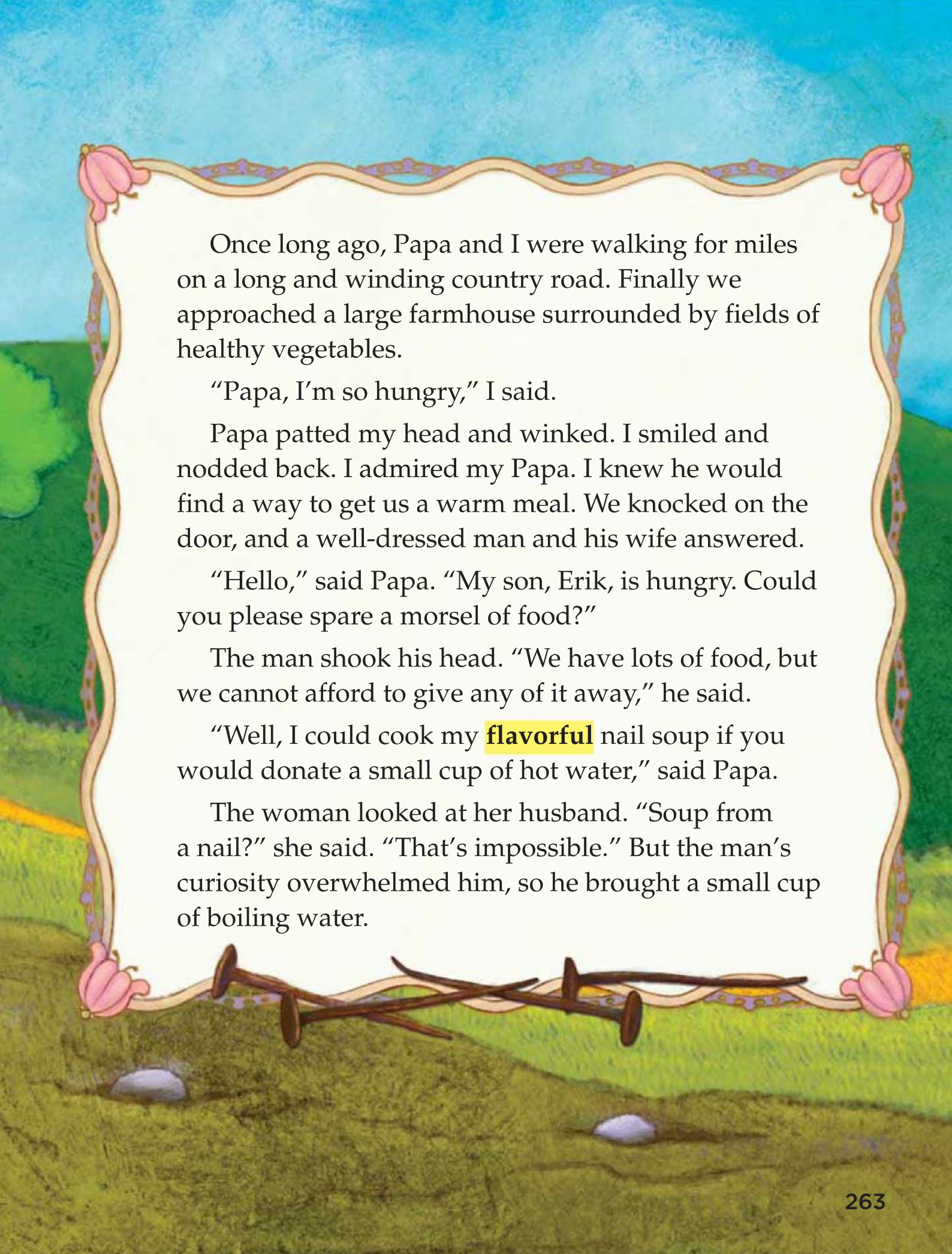
Nail Soup



Essential Question

What choices are good for us?

Read about how choices helped a man and his wife learn a lesson.



Once long ago, Papa and I were walking for miles on a long and winding country road. Finally we approached a large farmhouse surrounded by fields of healthy vegetables.

“Papa, I’m so hungry,” I said.

Papa patted my head and winked. I smiled and nodded back. I admired my Papa. I knew he would find a way to get us a warm meal. We knocked on the door, and a well-dressed man and his wife answered.

“Hello,” said Papa. “My son, Erik, is hungry. Could you please spare a morsel of food?”

The man shook his head. “We have lots of food, but we cannot afford to give any of it away,” he said.

“Well, I could cook my **flavorful** nail soup if you would donate a small cup of hot water,” said Papa.

The woman looked at her husband. “Soup from a nail?” she said. “That’s impossible.” But the man’s curiosity overwhelmed him, so he brought a small cup of boiling water.

Papa carefully took out a long, crooked nail and with one **graceful** motion, dropped it into the cup. He stirred the cup of hot liquid.

“This is beginning to smell wonderful,” said Papa.

I smiled at Papa. He was clever and charming, and my admiration for him grew. He could do anything! Then I remembered something he taught me.

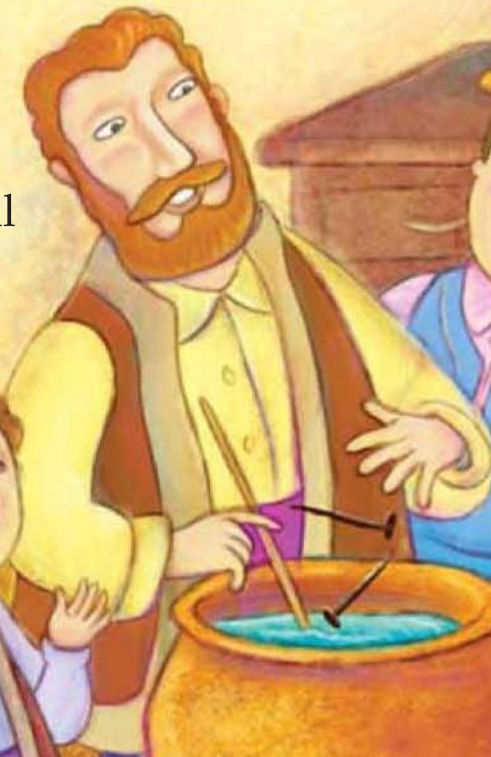
“Papa, it is impolite for me to eat nail soup without offering some to everyone,” I said. “But there is such a small amount here.”

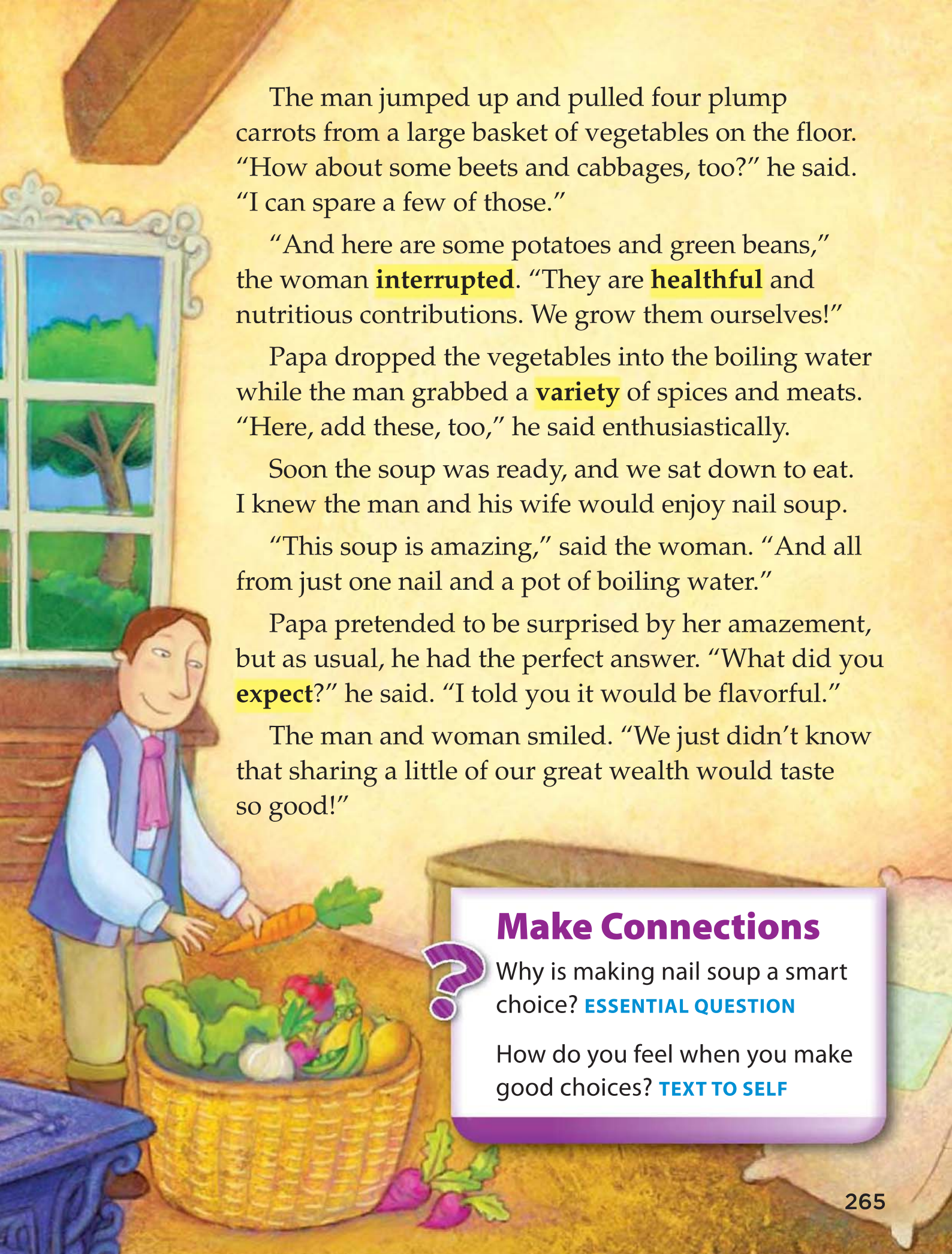
“We can’t let the boy eat alone,” said the man to his wife. “We can spare more water.”

The woman filled a big pot with water and put it on the stove. When the water boiled, Papa placed the nail into the pot, stirred, and sniffed the air. “The **aroma** is good, but it would be much more aromatic with an onion. Have you any old onions?”

The woman gave Papa three small onions, and he dropped them into the pot.

“Papa, remember how **luscious** nail soup was with carrots?” I asked.





The man jumped up and pulled four plump carrots from a large basket of vegetables on the floor. “How about some beets and cabbages, too?” he said. “I can spare a few of those.”

“And here are some potatoes and green beans,” the woman **interrupted**. “They are **healthful** and nutritious contributions. We grow them ourselves!”

Papa dropped the vegetables into the boiling water while the man grabbed a **variety** of spices and meats. “Here, add these, too,” he said enthusiastically.

Soon the soup was ready, and we sat down to eat. I knew the man and his wife would enjoy nail soup.

“This soup is amazing,” said the woman. “And all from just one nail and a pot of boiling water.”

Papa pretended to be surprised by her amazement, but as usual, he had the perfect answer. “What did you **expect**?” he said. “I told you it would be flavorful.”

The man and woman smiled. “We just didn’t know that sharing a little of our great wealth would taste so good!”

Make Connections



Why is making nail soup a smart choice? **ESSENTIAL QUESTION**

How do you feel when you make good choices? **TEXT TO SELF**