Name: _____ Date: _____

Fiber: The Rough Stuff Your Gut Needs

Circle group

Your body breaks down most food and uses it. Fiber is different. It comes from plants. Your body cannot digest it. It passes right through you. That may sound useless, but fiber has important jobs.

Fiber is the tough part of plant foods. You find it in beans, oats, fruits, and vegetables. The skin of an apple has fiber. So do the strings in celery. You can see and chew them. Soft foods like lentils and pears have lots of it too.

Fiber moves through your intestines and adds bulk. That means it gives the leftover food some body. The muscles in your gut have something to push along. Food moves at a steady pace. It does not get stuck. Some fiber soaks up water and turns into a soft gel. Some fiber is food for the helpful bacteria in your large intestine.

A bowl of oatmeal with berries gives you plenty. So does a bean burrito. If you eat more fiber, drink enough water too. Fiber works best when it can soak up water. When you crunch a raw carrot, your gut is glad.

Questions

1. Where does fiber come from?

_____

_____

2. What does the body do with fiber?

_____

_____

3. What are two foods that have fiber?

_____

_____

4. How does fiber help food move through the intestines?

_____

_____

5. Why should you drink water when you eat more fiber?

_____

_____

6. What does some fiber do for the helpful bacteria in the large intestine?

_____

_____

Words to know

fiber: the tough part of plant foods that the body cannot digest
digest: to break food down so the body can use it
bulk: the size and body that something gives
steady: moving evenly and not stopping and starting
lentils: small round seeds that are cooked and eaten

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Fiber: The Rough Stuff Your Gut Needs

Triangle group

Most food is broken down and used by your body. Fiber is different. It comes from plants, and your body cannot digest it. It passes right through you. That might sound useless, but fiber has some important jobs to do.

Fiber is the tough part of plant foods. You find it in beans, whole grains like oats, fruits, and vegetables. The skin of an apple and the strings in celery are fiber you can see and chew. Even soft foods such as lentils and pears are full of it.

As fiber moves through your intestines, it adds bulk. That means it gives the food leftovers some body, so the muscles in the gut have something to push along. Food moves through at a steady pace and does not get stuck. Some kinds of fiber also soak up water and turn into a soft gel. And some kinds act as food for the helpful bacteria that live in your large intestine.

A bowl of oatmeal with berries, or a bean burrito, will give you plenty. If you eat more fiber, remember to drink enough water too. The fiber works best when it has water to soak up. Next time you crunch into a raw carrot, remember that your gut is glad you picked something with fiber.

Questions

1. Where does fiber come from?

_____

_____

2. What is special about how the body treats fiber?

_____

_____

3. What are two foods that have fiber?

_____

_____

4. How does fiber help food move along the intestines?

_____

_____

5. Why should you drink water when you eat more fiber?

_____

_____

6. What does fiber do for the helpful bacteria in the large intestine?

_____

_____

Words to know

fiber: the tough part of plant foods that the body cannot digest
digest: to break food down so the body can use it
bulk: the size and body that something gives
steady: moving evenly and not stopping and starting
lentils: small round seeds that are cooked and eaten

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Fiber: The Rough Stuff Your Gut Needs

Square group

Most of the food you eat is broken down and put to use by your body. Fiber, however, is different. It originates in plants, and your body is unable to digest it, so it simply passes straight through you. That may sound pointless, but fiber performs several important jobs.

Fiber is the tough portion of plant foods. You can find it in beans, whole grains such as oats, fruits, and vegetables. The skin of an apple and the strings in celery are fiber that you can actually see and chew. Even soft foods like lentils and pears are packed with it.

As fiber travels through your intestines, it adds bulk. In other words, it gives the leftover food some body, so the muscles in your gut have something substantial to push along. Food then moves at a steady pace instead of getting stuck. Certain kinds of fiber also soak up water and turn into a soft gel, and other kinds serve as food for the helpful bacteria that live in your large intestine.

A bowl of oatmeal topped with berries, or a bean burrito, will supply you with plenty. If you start eating more fiber, remember to drink enough water as well, because fiber works best when it has water to soak up. The next time you crunch into a raw carrot, remember that your gut is grateful for your choice.

Questions

1. Where does fiber originate?

_____

_____

2. What is unusual about the way the body treats fiber?

_____

_____

3. What are two foods that contain fiber?

_____

_____

4. How does fiber help food travel through the intestines?

_____

_____

5. Why should you drink enough water when you eat more fiber?

_____

_____

6. What role do certain kinds of fiber play for the helpful bacteria in the large intestine?

_____

_____

Words to know

fiber: the tough part of plant foods that the body cannot digest
digest: to break food down so the body can use it
bulk: the size and body that something gives
steady: moving evenly and not stopping and starting
lentils: small round seeds that are cooked and eaten

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Fiber: The Rough Stuff Your Gut Needs

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Fiber: The Rough Stuff Your Gut Needs

Easier · 185 words · Flesch-Kincaid grade 2.7

1. Plants.
2. It cannot digest it, so it passes right through.
3. Beans, oats, fruits, or vegetables.
4. It adds bulk, so the gut muscles have something to push along.
5. Fiber works best when it can soak up water.
6. It is food for them.

Triangle: Fiber: The Rough Stuff Your Gut Needs

This passage · 215 words · Flesch-Kincaid grade 4.4

1. Plants.
2. The body cannot digest it, so it passes right through.
3. Beans, oats, fruits, or vegetables.
4. It adds bulk, so the muscles in the gut have something to push along.
5. Fiber works best when it has water to soak up.
6. Some kinds of fiber act as food for them.

Square: Fiber: The Rough Stuff Your Gut Needs

Harder · 231 words · Flesch-Kincaid grade 6.8

1. In plants.
2. The body is unable to digest it, so it passes straight through.
3. Beans, oats, fruits, or vegetables.
4. It adds bulk, so the muscles in the gut have something substantial to push along.
5. Fiber works best when it has water to soak up.
6. They serve as food for them.