

**You have been asked to write an informational piece for your school newspaper to help kids develop healthier lifestyle habits. Write an Informational Essay summarizing the information in the text set and explaining to students how to develop healthy habits for eating and exercise. Use details and examples from the texts to support your points.**

**Manage your time carefully so that you can**

- read the passages;
- plan your response;
- write your response; and
- revise and edit your response.

**Be sure to**

- use evidence from multiple sources; and
- avoid overly relying on one source.
- Your response should be in the form of a multiparagraph essay. Write your response in the space provided.

**Start by planning. Fill out the following:**

Your thesis statement:

Reason/claim 1

Evidence 1 (mention article title, author's full name and paragraph number)

Reason/claim 2

Evidence 2 (mention article title, author's full name and paragraph number)

Reason/claim 3

Evidence 3 (mention article title, author's full name and paragraph number)

**Your essay starts here.**