Fact and Opinion

Grade 4 Reading Worksheet - Building Confidence

Name _____ Date _____

Read the text. Circle the sentence that is a fact.

READ THIS FIRST

Why Kids Should Learn to Cook

I believe every child should learn to cook simple meals at home. Cooking is a skill for life, it builds math sense, and it helps kids try new foods.

First, cooking is a skill people use for their whole lives. Most people eat about three meals a day. A child who can make a sandwich or a salad is ready to help the family. In my opinion, that is the best kind of help.

Second, cooking uses math. Recipes give amounts like one half cup or two teaspoons. When my brother doubled a muffin recipe, he had to change every amount. He used fractions without even noticing.

Third, kids who cook often try more foods. A school in Ohio ran a cooking club for ten weeks. Before the club, many students refused to taste spinach. By the end, most of them had tried it in a soup they made together.

Some people say the kitchen is too dangerous for children. That worry makes sense. However, an adult can stay close and teach safe steps. Kids can start with easy jobs like washing vegetables and stirring a pot.

Cooking together is also fun, and it gives families time to talk. I think every family should pick one night a week to cook with their kids.

1. I think every family should pick one night a week to cook.
   Recipes give amounts like one half cup or two teaspoons.
   In my opinion, that is the best kind of help.

2. Cooking together is also fun.
   I believe every child should learn to cook simple meals at home.
   Most people eat about three meals a day.

3. Before the club, many students refused to taste spinach.
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4. I think every family should pick one night a week to cook with their kids.
   Cooking together is also fun.
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Answer Key - Grade 4 Reading Worksheet - Building Confidence

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