

2015 Released Items: Grade 7 End-of-Year M/L Informational Text Set

The End-of-Year medium/long (M/L) informational text set requires students to read an informational text and answer questions.

The 2015 blueprint for the grade 7 End-of-Year M/L informational text set includes six Evidence-Based Selected Response/Technology-Enhanced Constructed Response items. A complete M/L informational text set from an online summative assessment form is included in this document, as well as additional items from a paper form and/or online form.

Included in this document:

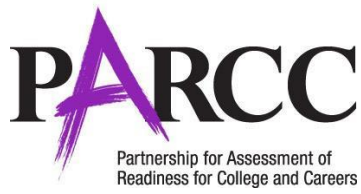
- Answer key and standards alignment
- PDFs of each item with the associated text

Additional related materials not included in this document:

- PARCC English Language Arts/Literacy Assessment: General Scoring Rules for the 2015 Summative Assessment

Note:

Copyright holder did not grant web release rights for the passage in this set.



PARCC EOY Release Items Answer and Alignment Document
ELA/Literacy: Grade 7

EOY Text Type: Informational M-L		
Passage(s): The Benefits of Breakfast		
Item Code	Answer(s)	Standards/Evidence Statement Alignment
VF557713	Item Type: EBSR Part A: A Part B: C	RI 7.1.1 L 7.4.1
VH003078	Item Type: EBSR Part A: A, B Part B: D	RI 7.1.1 RI 7.3.1

VH029530	<p>Item Type: TECR Part A:</p> <table border="1" data-bbox="297 128 1101 405"> <thead> <tr> <th data-bbox="297 128 1040 184">Claim</th> <th data-bbox="1040 128 1101 184"></th> </tr> </thead> <tbody> <tr> <td data-bbox="297 184 1040 247">People who skip breakfast are more likely to be tired earlier in the day.</td> <td data-bbox="1040 184 1101 247"><input checked="" type="radio"/></td> </tr> <tr> <td data-bbox="297 247 1040 310">People can get all of their daily nutrients by eating breakfast.</td> <td data-bbox="1040 247 1101 310"><input type="radio"/></td> </tr> <tr> <td data-bbox="297 310 1040 405">People may have trouble choosing nutritious foods when junk food is available.</td> <td data-bbox="1040 310 1101 405"><input type="radio"/></td> </tr> </tbody> </table> <p>Part B:</p> <p>The best news: Eating breakfast not only provides the energy you need to get through the day but also helps you focus and do better in school.</p> <p>A solid breakfast gives you a hefty shot of your day's energy up front, so you don't try to make up for it later when your body is depleted and running on fumes.</p>	Claim		People who skip breakfast are more likely to be tired earlier in the day.	<input checked="" type="radio"/>	People can get all of their daily nutrients by eating breakfast.	<input type="radio"/>	People may have trouble choosing nutritious foods when junk food is available.	<input type="radio"/>	<p>RI 7.1.2 RI 7.8.1 RI 7.8.3</p>
Claim										
People who skip breakfast are more likely to be tired earlier in the day.	<input checked="" type="radio"/>									
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VF557778	<p>Item Type: EBSR Part A: A, C Part B: C</p>	<p>RI 7.1.1 RI 7.2.1</p>								
VF557772	<p>Item Type: EBSR Part A: D Part B: D</p>	<p>RI 7.1.2 RI 7.6.1</p>								
VF557766	<p>Item Type: EBSR Part A: C Part B: C</p>	<p>RI 7.1.2 RI 7.2.1</p>								
VF557753	<p>Item Type: EBSR (paper form – additional item) Part A: A Part B: D</p>	<p>RI 7.1.1 L 7.4.1</p>								

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Part A

What is the meaning of the word **depleted** as it is used in paragraph 6?

- A. low on resources
- B. becoming ill
- C. losing weight
- D. filled with junk food

Part B

Which phrase from the passage gives the **best** clue to the meaning of the word **depleted**?

- A. "... eat fewer calories ... " (paragraph 6)
- B. "... gives you a hefty shot ... " (paragraph 6)
- C. "... running on fumes." (paragraph 6)
- D. "... problems later on ... " (paragraph 6)

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Part A

Based on the passage, which **two** breakfast meals would best keep you energized for the school day?

- A. oatmeal with low-fat milk and nuts
- B. turkey on whole-wheat bread
- C. whole-grain toast and coffee
- D. nonfat yogurt and an orange
- E. apple juice and a doughnut
- F. apple slices with brown sugar

Part B

Which evidence from the passage **best** supports the answer in Part A?

- A. "... more fiber, calcium, vitamins A and C, riboflavin, zinc, and iron . . ." (paragraph 4)
- B. "... complex carbohydrates, provide a slower, steadier rise in blood sugar." (paragraph 8)
- C. "... about a quarter of the calories you need in a day." (paragraph 11)
- D. "... a good mix of protein, complex carbohydrates, and fat." (paragraph 11)

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Part A

Select the box next to the claim that is **best** supported throughout the passage.

Claim	
People who skip breakfast are more likely to be tired earlier in the day.	<input type="radio"/>
People can get all of their daily nutrients by eating breakfast.	<input type="radio"/>
People may have trouble choosing nutritious foods when junk food is available.	<input type="radio"/>

Part B

Select **two** sentences in the passage that provide the **best** evidence to support the claim.

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Part A

Based on information in the passage, select **two** advantages that eating a healthy breakfast gives teenagers.

- A. They will feel better physically.
- B. They will eat less at lunch time.
- C. They will be more successful in school.
- D. They will drink less caffeine.
- E. They will learn how to cook.
- F. They will try new foods.

Part B

Which sentence from the passage **best** supports both answers in Part A?

- A. "Just one cup of oatmeal or two slices of whole-wheat toast provide two of the recommended three servings of whole grains, plus four grams of fiber." (paragraph 5)
- B. "But breakfast fans actually eat fewer calories and weigh less than those who forgo the first meal of the day, according to a study called Project EAT (Eating Among Teens)." (paragraph 6)
- C. "While any morning meal is better than none, you need a true power breakfast to keep your mind and body going strong." (paragraph 11)
- D. "That combination of nutrients helps keep your blood sugar on an even keel so you don't hit a midmorning slump." (paragraph 11)

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Part A

What is the **main** purpose of the section titled **Balancing Breakfast**?

- A. to give non-breakfast eaters ideas for what to eat between meals
- B. to share some of Cat L's favorite breakfast recipes
- C. to identify the best breakfast options for teens who want to lose weight
- D. to list convenient foods that make a healthy breakfast

Part B

Which detail from the passage **best** supports the answer to Part A?

- A. ". . . One in three teens skip breakfast—even though it's the most important meal of the day." (paragraph 2)
- B. "What's more, breakfast eaters have a lower risk of problems later on" (paragraph 6)
- C. "The benefits of breakfast go beyond a better body." (paragraph 7)
- D. "Your morning meal doesn't have to be difficult or time-consuming—it doesn't even have to be breakfast." (paragraph 13)

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Part A

What is the central idea of the passage?

- A. There is a growing need for teenagers to eat a proper diet.
- B. It is difficult for many teenagers to find time to eat before school.
- C. It is important for teenagers to begin the day by eating nutritious food.
- D. Teenagers need more nutrients than adults to supply power for activities.

Part B

Which sentence from the passage **best** supports the central idea?

- A. "Teenagers have greater nutrient needs than adults,' explains Carol O'Neil, director of dietetics at Louisiana State University Agricultural Center." (paragraph 3)
- B. "Ironically, one of the reasons some teens skimp on breakfast is to limit their calories." (paragraph 6)
- C. "Starting your day with a balanced, healthy meal makes you sharper and more productive by giving your brain a steady supply of fuel." (paragraph 7)
- D. "Start your morning with breakfast for a few weeks and soon your body will come to expect it." (paragraph 14)

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Part A

What is the meaning of the word **plummet** as it is used in paragraph 8?

- A. fall rapidly
- B. get out of control
- C. be difficult to detect
- D. appear healthy

Part B

Which phrase from paragraph 8 provides a clue to the meaning of the word **plummet**?

- A. "a quick fix"
- B. "unable to focus"
- C. "thinking clearly"
- D. "a dramatic crash"