



# Nebraska State Assessment

**Grade 7**

**English Language Arts**

**Released Passage**

**Name:**



**Directions:**

On the following pages of your test booklet are questions for the Grade 7 *Nebraska State Assessment–English Language Arts (NeSA–ELA)*.

Read these directions carefully before beginning the test.

This test will include several different types of questions. Record all of your answers in the answer document.

The test will include questions that will ask you to provide your answer in a variety of ways.

- Some questions will ask you to select an answer from among four choices.
- Some questions will have two parts and require that you choose an answer or answers to each part.
- Some questions will ask you to construct an answer by following the directions given.

When you come to the word **STOP** at the end of the test, you have finished the Grade 7 English Language Arts Test. You may review the test to check your answers. Make sure you have marked all of your answers clearly and that you have completely erased any marks you do not want. When you are finished, put your answer sheet inside your test booklet and close your test booklet.

## Labels for Life

Trying to determine what is healthy to eat and what is not can be a challenge. It seems that just when one study determines that a particular food is nutritious, another study reports that it is not! How can a person determine which foods are truly healthy? One way is to learn how to read a nutrition label.

<b>Nutrition Facts</b>	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
<b>Amount per Serving</b>	
<b>Calories</b> 230	Calories from Fat 72
% Daily Value *	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 5g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

### A Brief History of the Nutrition Label

- The Nutrition Labeling and Education Act of 1990 was signed into law in November of that year. This act mandated that all packaged foods **bear** a label that clearly indicates what percentages of a person's daily recommended value of nutrients are provided by a typical serving of that food. For example, the nutrition label for a can of black beans might show that one serving of beans contains 20 percent of a person's daily allowance of sodium and 25 percent of a person's daily allowance of fiber.

Over the years, these labels have undergone some minor changes. In 1994, the format of the labels was redesigned to list the most important nutrients in a way that was easier for people to read and understand. Then, in 2003, labels were required to show the amount of trans fat in foods. (Trans fat is considered an unhealthy type of fat.) As time goes on, we might expect labels to continually evolve to reflect the most up-to-date information about human nutritional needs.

## Making Smarter Choices

How do nutrition labels help you make better choices about what foods to purchase and consume?

Nutrition labels educate you about what you are eating. You may not have noticed that some canned soups contain high sodium levels or that many brands of peanut butter are loaded with sugar. You may never have considered that a banana muffin might contain more grams of fat than an entire plate of spaghetti and meatballs! Nutrition labels help you to become better acquainted with what you are consuming.

Nutrition labels also allow you to compare and contrast your food options. When you are trying to decide among several different brands or types of food, the labels can help you determine which options are most nutritious. Simply because a food’s packaging claims that it is “healthy” or “all natural” does not make that statement true! You can use the official nutrition labels to discover the amounts of calories, fat, sodium, and sugar in each option and then select the one that is healthiest.

Nutrition labels provide information about foods and the nutrients you need most. Nutrition labels don’t just help you avoid the unhealthy ingredients; they also help you choose foods that are high in specific nutrients. Labels can help you to identify the foods that are packed with nutrients like fiber, iron, calcium, or vitamin C.

## How to Read a Nutrition Label

Start with the serving size. Some people assume that the information on the nutrition label pertains exactly to the size of the unit the food is sold in. For example, you might think that a can of iced tea is one serving, when the can might actually contain two servings. A candy bar is another common culprit, as one large candy bar may consist of three servings. Therefore, if you plan to eat the whole bar, you’ll need to multiply the information on the label by the number of servings. That candy bar label might say it has only 7 grams of fat, but 7 times 3 servings makes 21 grams of fat in total!

Calories count. Near the top of each nutrition label, you’ll find the number of calories in each serving of that food. Again, the number of calories needed each day varies from person to person depending on activity level, gender, and other factors. In general, though, a serving that has fewer than 100 calories can be considered low in calories, while a serving that has 100 to 300 calories contains a **moderate** amount of calories. Foods with 400 or more calories in a serving can be considered high in calories.

- 10 Consider the percentages. The far right side of the label shows the percentages of one’s daily values that a serving of that food provides. However, these numbers are based on an average 2,000-calorie diet. If a person is especially active, he or she might need more than 2,000 calories per day to stay energized; meanwhile, someone who is more **sedentary** might need fewer than 2,000 calories per day. Keep in mind that these percentages are just an average guideline. One good rule to follow is that 5 percent or less of any nutrient may be considered a low amount, while 20 percent or more may be considered a high amount.

Watch for fat, cholesterol, and sodium. These nutrients are listed in the next section of the label and are generally nutrients that you should aim to limit. The fat category is often further divided into saturated fats and trans fats. Too much fat, cholesterol, or sodium in a daily diet may be harmful over time.

Study the carbohydrates. Many people do not consider how many grams of carbohydrates a serving of food contains or where those carbohydrates come from. Fortunately, the nutrition label shows not only the total amount of carbohydrates in a food but also how much of those carbohydrates come from fiber and sugar. In general, fiber is a very healthy nutrient, and the higher the amount of fiber in a food the healthier that food is considered to be. The amount of sugar consumed, however, should be as low as possible since sugar contains little nutritional value.

Stay keen on protein. Beneath the carbohydrates listed, you'll find the amount of protein in a serving of food. Protein is found in all meat products, as well as in foods like beans, legumes, nuts, and dairy products. Protein is considered very important to maintaining one's energy levels and to developing healthy muscles. Generally speaking, protein is healthy because it helps fuel you through your day.

Vitamins to the rescue! Listed at the bottom of the nutrition label are the percentages of vitamins and other key nutrients—such as vitamin A, vitamin C, calcium, and iron—a serving of food provides. These ingredients may appear naturally or may have been added to the food for greater nutritional value. Many American diets are low in these nutrients, so the higher the percentage here, the better.

Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it's also a great way to learn about making better choices. Those choices could help you live a longer, healthier life—and that is definitely worth all the reading!

1. This question has two parts. Answer part A, and then answer part B.

**Part A**

Which sentence states a main idea of the section **A Brief History of the Nutrition Label**?

- A. Everyone should learn to read nutrition labels.
- B. Every nutrition label must show trans fat.
- C. Nutrition labels can be complicated to read.
- D. Nutrition labels have changed over time.

**Part B**

Which sentence from the passage BEST supports the answer in part A?

- A. The Nutrition Labeling and Education Act of 1990 was signed into law in November of that year.
- B. For example, the nutrition label for a can of black beans might show that one serving of beans contains 20 percent of a person's daily allowance of sodium and 25 percent of a person's daily allowance of fiber.
- C. In 1994, the format of the labels was redesigned to list the most important nutrients in a way that was easier for people to read and understand.
- D. Trans fat is considered an unhealthy type of fat.

2. What is the meaning of the word **bear** as it is used in paragraph 2?
- A. display
  - B. hold up
  - C. produce
  - D. bring forth
3. Based on information in the passage, what can the reader infer about the nutrition of the food in the sample nutrition facts label?
- A. The food exceeds the daily value of fat.
  - B. The food is a good source of iron.
  - C. The food contains too much fiber.
  - D. The food is especially high in calories.
4. Which organizational pattern is used in the section **Making Smarter Choices**?
- A. The author uses cause and effect to explain the impact of different nutrients on the body.
  - B. The author provides a detailed description that explains the importance of nutrition labels.
  - C. The author presents a question about nutrition labels and then provides a detailed answer to the question.
  - D. The author explains the sequential changes that have impacted nutrition labels over time.

5. Based on the information in the passage, complete the chart to show which foods people should aim to eat less of and which foods people should aim to eat more of. Choose **four** options for EACH column in the chart.

1. People Should Aim to Eat Less	2. People Should Aim to Eat More

- a. cholesterol
- b. fiber
- c. protein
- d. sodium
- e. sugar
- f. fat
- g. calcium
- h. iron

6. Which word is an antonym for **moderate**?

- A. uncommon
- B. extreme
- C. recommended
- D. unnatural

7. Which detail from the passage MOST effectively supports the main idea of “Labels for Life”?
- A. Nutrition labels provide information about foods and the nutrients you need most.
  - B. A candy bar is another common culprit, as one large candy bar may consist of three servings.
  - C. These nutrients are listed in the next section of the label and are generally nutrients that you should aim to limit.
  - D. Too much fat, cholesterol, or sodium in a daily diet may be harmful over time.
8. Which sentence, if added to the passage, would BEST fit in the section **How to Read a Nutrition Label**?
- A. Different categories could be added or removed from the Nutrition Facts label, based on future research.
  - B. The Nutrition Labeling and Education Act has already benefitted our nation’s citizens for decades.
  - C. Beware that some companies use language on their packaging or in their actual product names to try to convince you that their food is healthy.
  - D. When considering calories, remember that some people’s activity levels are different from day to day, so their daily calorie needs may change.

9. In paragraph 10, what is the meaning of the word **sedentary**?
- A. doubtful
  - B. inactive
  - C. traditional
  - D. independent
10. Which statement is true about “Labels for Life”?
- A. It is a personal essay because the author includes many statements about his or her own values and beliefs.
  - B. It is an argumentative essay because the author includes persuasive statements about nutrition labels.
  - C. It is a biographical essay because the author includes an account of the experiences of one person.
  - D. It is an explanatory essay because the author includes information on how to best read nutrition labels.

11. In “Labels for Life,” the author states, “Learning how to read a nutrition label is not only a great lesson in the key elements of nutrition, but it’s also a great way to learn about making better choices.” Analyze how the author supports this statement throughout the passage. Write a well-organized response using evidence from the passage to support your answer.

**Writer’s Checklist for  
Text-Dependent Analysis**

**PLAN** before you write

- I read the task carefully.
- I read the text(s) carefully.
- I thought about how the task connects to the text(s).
- I organized my ideas on scratch paper.

**FOCUS** while you write

- I responded to all parts of the task.
- I analyzed the information from the text(s) in my response.
- I chose relevant and accurate evidence from the text(s) to support my response.
- I organized my response with an introduction, body, and conclusion.

**REVISE** after you write

- I wrote my response in English.
- I wrote my final draft in the response box.
- I focused my writing on the task.
- I used/cited evidence from the text(s) to support my response.
- I corrected errors in capitalization, spelling, sentence structure, punctuation, and word choice.







**Grade 7  
ELA Practice Test  
Answer Key**

<b>1.</b>	<b>D,C</b>
<b>2.</b>	<b>A</b>
<b>3.</b>	<b>B</b>
<b>4.</b>	<b>C</b>
<b>5.</b>	<b>1. a, d, e, f 2. b, c, g, h</b>
<b>6.</b>	<b>B</b>
<b>7.</b>	<b>A</b>
<b>8.</b>	<b>D</b>
<b>9.</b>	<b>B</b>
<b>10.</b>	<b>D</b>
<b>11.</b>	<b>refer to TDA rubric</b>

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**Grade 7**  
**English Language Arts Released Passage**

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