

PHRASES



Become a Super Writer

Peter loves to eat. He is writing a report on what to eat for a healthful diet. Here are his notes about the food-guide pyramid.

at the base—foods from grains

When Peter started to write his report, he knew he needed to turn the phrases into sentences. This is what he wrote:

Foods ^{adjective} from grains ^{verb} may be found ^{adverb} at the pyramid's base.

The underlined groups of words in these sentences are phrases. Notice that a phrase can act as an adjective, a verb, or an adverb.

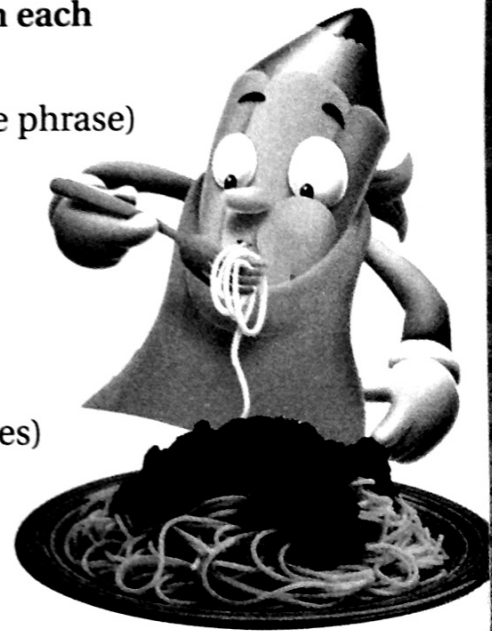
Definition

A **phrase** is a group of words that has meaning but that does not express a complete thought.

Your Turn

Use the clues in parentheses to find and underline the phrase in each sentence. Two sentences have two phrases.

1. The tip of the pyramid shows fats, oils, and sweets. (adjective phrase)
2. You should eat these foods sparingly. (verb phrase)
3. Milk and cheese come from animals. (adverb phrase)
4. Children should drink milk daily. (verb phrase)
5. Cholesterol is present in all animal foods. (adverb phrase)
6. A cup of yogurt is a good source of calcium. (adjective phrases)
7. French fries should not be eaten often. (verb phrase)
8. Breads and cereals are foods from grains. (adjective phrase)
9. Vegetables are sources of fiber. (adjective phrase)
10. Foods from plants supply vitamins and minerals. (adjective phrase)
11. Sugars come from ice cream and from heavy syrups. (adverb phrases)



Circle the numbers of the sentences with two phrases, and write them below.

12. A healthful diet includes ___ to ___ servings of bread, cereal, rice, and pasta each day.

Add a phrase to each sentence. The phrase can act as an adjective, a verb, or an adverb.

13. I eat pizza often. _____

14. I like bread, too. _____

15. Get some exercise. _____

16. Do not use salt. _____

17. Drink skim milk. _____

18. Consume less sugar. _____

19. Cut away the fat. _____

20. Butter has calories. _____

21. Spinach is a vegetable. _____

22. Use low-fat dressing. _____

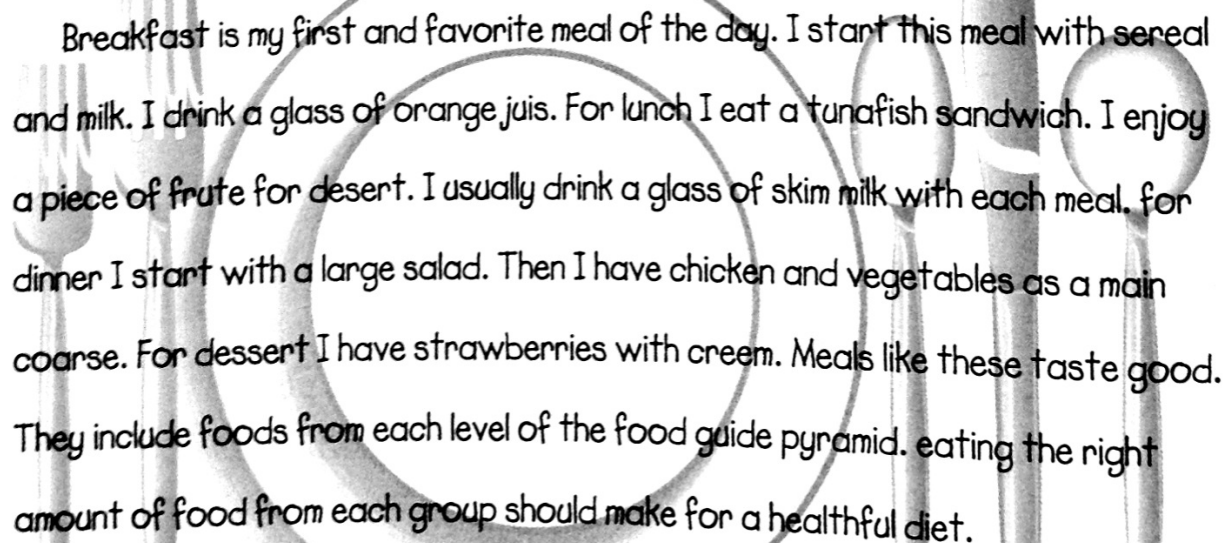
Editing

Peter created a menu based on the food guide pyramid. Correct the six misspelled words. Underline one verb phrase, double-underline one adjective phrase, and circle one adverb phrase.



Mistakes

Capitalization 2



Breakfast is my first and favorite meal of the day. I start this meal with sereal and milk. I drink a glass of orange juis. For lunch I eat a tunafish sandwich. I enjoy a piece of frute for desert. I usually drink a glass of skim milk with each meal. for dinner I start with a large salad. Then I have chicken and vegetables as a main coarse. For dessert I have strawberries with creem. Meals like these taste good. They include foods from each level of the food guide pyramid. eating the right amount of food from each group should make for a healthful diet.