

Moderation

Story By: Andrew Frinkle

Calvin was known to overdo things. He didn't know how to just do a little of something, and it sometimes got him into trouble. Actually, it *often* got him into trouble.

When he went to the buffet, he ate six plates of chicken, cheese bread, and mashed potatoes with gravy. He gobbled it up with four glasses of coke and followed it with an ice cream sundae. That night he had a terrible stomach ache.



When he played his favorite video game, he went crazy! He played all night long. He beat most of the levels, but then he was too tired to go to school. He also hadn't finished his homework or done his chores. That was *not* good.

When he played basketball, he played all day long. He played a couple pick-up games with some of the neighborhood kids at the court. He played some Horse by himself after that. Then he shot some baskets in the driveway with his dad after dinner, too. That night his legs ached horribly.

When he ate ice cream one hot day, he ate it like he'd never had it before. He ate four push-pops, two fudge bars, and a rainbow jet pop. Then he had a root beer float and a banana split. He got two cavities from all the sugar and got stomach cramps from all the cold stuff.

Calvin had to learn how to do things in moderation. That meant doing not too much and not too little of something. He had to learn how much of something was good for him, and it wasn't easy. He was sort of an all-or-nothing kid, but he was learning. Maybe he was learning a bit too slowly...



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Use the information in the story to answer the questions below.

1. What is Calvin's problem?
 - A. He doesn't know when to say no to his friends.
 - B. He doesn't know when to do his work.
 - C. He doesn't know how to do just a little of something.
 - D. He is really lazy.

2. What is Calvin's problem at the buffet?
 - A. He eats too much spicy stuff.
 - B. He only eats dessert.
 - C. He eats way too much.
 - D. He only drinks soda.

3. What is Calvin's problem with the video game?
 - A. He beats the game in one day and is bored.
 - B. He plays too long and then is too tired and doesn't have his work done.
 - C. He gets bored with them quickly.
 - D. He stole a game he really wanted to play.

4. How many total servings of ice cream did Calvin eat?
 - A. 6
 - B. 7
 - C. 8
 - D. 9

5. Which of these is not a situation that Calvin had a problem with?
 - A. baseball
 - B. ice cream
 - C. the buffet
 - D. video games

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