

To be used with the March 27, 2023, issue

Name: _____

Causes and Effects

A **cause** is a reason something happens. An **effect** is something that happens as a result. As you read the article "What's Healthy?," look for cause-and-effect relationships and record them below.

Cause

(why something happens)

Effect

(what happens as a result)

1 The FDA wants to make it easier for Americans to spot and eat healthy foods.

2

You have energy, and your body and brain can grow

3

As a result, most sweetened foods would no longer qualify as healthy under the new proposal.

4 Yogurt and other dairy products provide calcium, an important nutrient.
