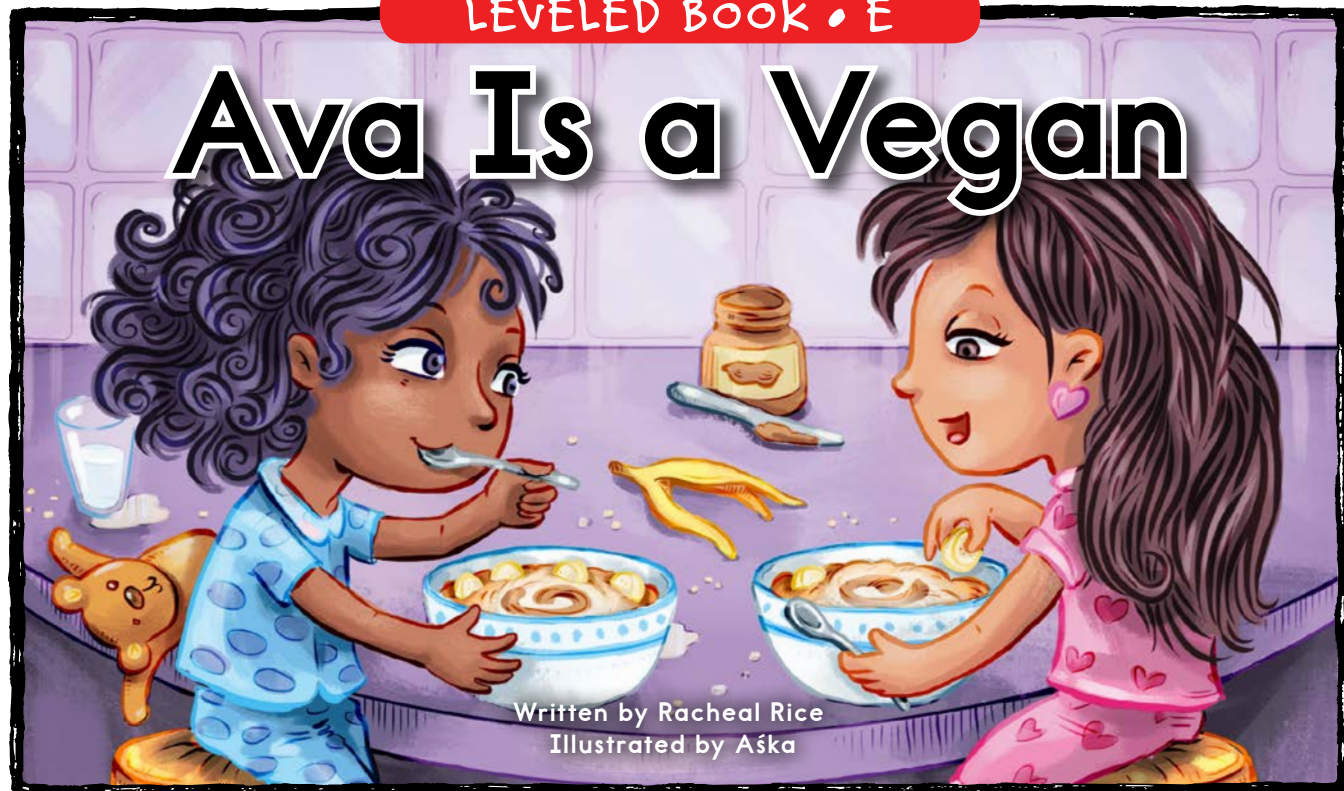
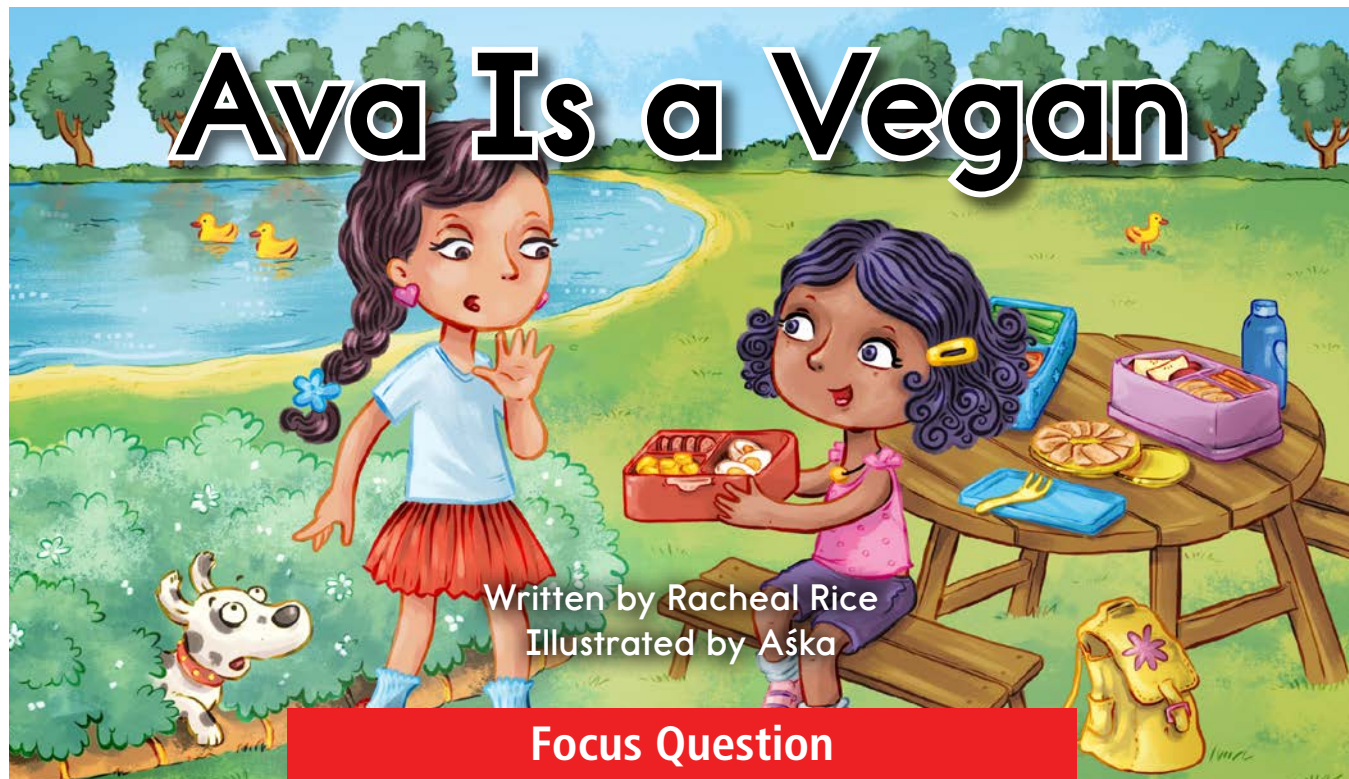


LEVELED BOOK • E

Ava Is a Vegan



www.readinga-z.com



Written by Racheal Rice
Illustrated by Aśka

Focus Question

What does it mean to be a vegan?



Ava and I eat fruits, vegetables, and grains.



I also eat meat, dairy, and eggs.



Ava does not eat meat, dairy, and eggs.



Ava is a vegan.

Vegans do not eat food made from animals.



Ava and I like many of the same foods.
We like some of them made different ways.



Ava and I like fried rice.



Ava likes tofu in hers.
I like chicken and egg in mine.



Ava and I like burgers.



Ava likes hers made of black beans.
I like mine made of ground beef.



Ava and I like oatmeal.

We both like peanut butter and bananas in it!

Words to Know

dairy

oatmeal

grains

tofu

ground

vegan

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Level E Leveled Book
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Correlation

LEVEL E	
Fountas & Pinnell	E
Reading Recovery	7-8
DRA	8

Ava Is a Vegan

A Reading A-Z Level E Leveled Book • Word Count: 103

Connections

Writing and Art

What is your favorite food to eat? Draw a picture and write about whether the food is likely to be Ava's favorite too and why or why not.

Health

What are the five food groups? Name a food from each food group. Discuss with a partner which foods fit a vegan diet.



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