

Name \_\_\_\_\_

## Headline Reality Check

**Directions:** Read the headline and the passage that follows. Decide whether the headline is **misleading** or **accurately supported** by the text. Underline evidence in the passage that supports your decision. Then, write a short explanation (2-3 sentences) for your choice.

### Headline: "Scientists Confirm Chocolate is the Secret to a Long Life!"

A recent study conducted by nutritionists at a European university examined the eating habits of 3,000 adults over a 10-year period. The researchers found that people who ate small amounts of dark chocolate a few times a week had slightly lower stress levels and reported feeling happier. However, the study did not directly link chocolate to longer life spans. The researchers explained that while chocolate contains antioxidants that may be beneficial, too much can



contribute to weight gain and health problems. They concluded that chocolate can be enjoyed as part of a balanced diet, but it should not be considered a miracle food.

Is the headline **misleading** or **supported by the text**? \_\_\_\_\_

Explain your reasoning in 2-3 sentences.

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