



## ESL BO – Reading for Understanding – Non Fiction

### Maple Water is the new Healthy Drink, But is it NEW?

**A title** of a story or novel is one place you get information about the story! It helps you understand!

#### **NEW healthy drink: Maple Water**

For about 10 to 15 days every spring people in Eastern Canada and the United States can collect the **sap** (liquid) of the maple tree and make **syrup** from it. **Maple water** is what the sap is called if you drink it from the tree without cooking it. More people know about maple syrup which is a sweet light brown liquid that you can use instead of sugar. Maple water though looks a lot like coconut water and is clear and is a bit thicker than water. It has a sweet and **metallic** taste. The water comes up from the roots of the maple tree and goes up through the tree where it is made sweeter. This liquid is collected in early spring and this is called Maple Water when you buy it in the health or grocery stores.

#### **Subtitles**

Tell you what a section will be about.

#### **Canada is a big producer of Maple Products**

Canada has a lot of maple trees and many companies that collect the sap to make and sell maple syrup. Quebec makes the most maple syrup of any province in Canada. Maple water has less **calories** than coconut water so you do not get fat drinking it. Coconut water is already a popular drink in many parts of the world. Companies have just started selling maple water in stores in the last few years: SEVA, OVIVA and MAPLE3 are the best known ones. This is a great new maple “forest” **product** as the trees do not have to be cut down to make the maple water and it is therefore saving trees to provide **oxygen** for all humans to breathe. Also the water has a lot of **nutrients**: calcium, magnesium, and potassium. Research has shown it is a great drink for after you play sports.

#### **Indigenous people have drank Maple Water for a long time**

Did you know that Indigenous peoples of what is now called Ontario and Quebec have been drinking maple water from trees for thousands of years? To get it from the trees, sugar maples, First Nations peoples made a hole in the tree in early March when the days are sunny and the nights are still **freezing** cold (below zero degrees Centigrade). This is when the sap of the maple tree “**runs**”, meaning it comes out of a hole in the tree in large quantities. Maple water is still drank by Algonquin people because it has many nutrients and our bodies need to get healthy again after a long winter of less activity.

This **Heading** tells us what the section of pictures is about

#### **How Maple water is Collected:**

A. After a hole is made in a tree, B. a **spigot** is put in the hole, and C. a bucket is hung off of the spigot.



The sap runs up the tree from the roots and out the spigot into the bucket.

#### **Questions:**

Total page one: ( \_\_\_ out of 15 marks)

1. What is the title of this article? ( \_\_\_ out of one mark)



2. What are the three subtitles? (\_\_\_ out of three marks)

- a.
- b.
- c.

3. What is the heading for the photos in this article? (\_\_\_ out of one mark)

4. Match the following words to the best definitions of those words: (\_\_\_ out of nine marks)

- a. sap \_\_\_\_\_
- b. syrup \_\_\_\_\_
- c. maple water \_\_\_\_\_
- d. metallic \_\_\_\_\_
- e. calories \_\_\_\_\_
- f. oxygen \_\_\_\_\_
- g. nutrients \_\_\_\_\_
- h. freezing \_\_\_\_\_
- i. runs \_\_\_\_\_
- j. product \_\_\_\_\_

- 1. this sweet brown liquid is well known in Canada and can be used instead of sugar
- 2. tastes like metal, looks like metal, sounds like metal
- 3. all mammals breathe in air to get this chemical
- 4. this means that in the spring when the days are warmer the sap in a maple tree comes out in large amounts
- 5. this is the name of the liquid that comes out of the tree after the sugar maple makes this sweet liquid
- 6. an item that is made by a company to sell to people
- 7. are chemicals found in food and drinks that are good for your body
- 8. this means how much a food or drink will add to your body which will have to be worked off through exercise
- 9. this is a new drink that is healthy and can be drank after a sports activity
- 10. when the weather is so cold that water turns from a liquid into a solid

**Questions:**

5. Where in the world is maple sap collected from maple trees?

6. How many days each year, can one collect sap from maple trees?



7. What does maple water look like?
  
8. What is maple sap called when you buy it in a health food store or grocery store?
  
9. Which province makes the most maple products?
  
10. What kind of tree water is already popular in many parts of the world?
  
11. What is a reason to switch from coconut water to maple water?
  
12. List two companies that produce maple water to sell in stores:
  - a.
  
  - b.
  
13. Why is this forest product, maple water, a great thing for the whole world's environment?
  
14. What are two of the nutrients you get from drinking maple water?
  - a.
  
  - b.
  
15. When is a good time to drink maple water?
  
16. This is a new product in stores but who has been drinking maple water for thousands of years
  
17. What is one reason Algonquin people still drink maple water in the spring of the year?
  
18. What are two pieces of equipment that are used to collect maple water from trees?