



Bayview High

Muscle Bound

Chapter 12: A Bad Taste in My Mouth

Working with Words—Using a Mnemonic Strategy

A **mnemonic strategy** uses a word, sentence, or poem to help you remember something.

For example: M I, double s, i double s, i double p i (Mississippi)

I before e, except after c

Or when pronounced as ay

As in neighbour and weigh.

Try this strategy.

Food Nutrients, Protein, Carbohydrates, Fats, Vitamins, Minerals

1. Take the first letter of each word. (P, C, F, V, M)
2. Make up a sentence with each word beginning with the letters P, C, F, V, M.

For example: Pudgy Clive felt very miserable.

Imagine that you are the waitress at Lee's Restaurant. Devise a way to remember all of the milkshake flavours using the strategy above, or think of your own way to remember them.

The flavours are:

blueberry, chocolate, vanilla, strawberry, butterscotch, licorice, cherry, coffee, marshmallow
