

Name: _____

Reading Comprehension: Your Choices

Directions: Read the story “Screen Smarts” (page 8). Then answer the questions below.

1. How many hours a day do kids spend watching TV and on computers, according to the article?

- A. 2,899
- B. 3
- C. 4

2. Which best explains what the following sentence means? “It may be that snacks and screens go hand in hand—especially during TV watching, when commercials tempt us with tasty treats.”

- A. TV commercials might make people want to eat snacks.
- B. Snacks taste better when you eat them in front of the TV.
- C. It’s best to keep your hands away from snacks when you are watching TV.

3. “The most *sedentary* kids in one recent study had the highest blood pressure.” What is the definition of *sedentary* people?

- A. people who like to eat seeds
- B. people who spend the most time sitting in front of TVs and computers
- C. people who exercise a lot

4. Which are symptoms of possible eyestrain, according to the article?

- A. dry eyes and headache
- B. headache and dizziness
- C. sore eyes and a rash

5. List two *functional* uses for screens in your life, such as computers, TVs, cell phones, music players, video recorders, and portable games.

1. _____

2. _____

6. List two *fun* uses for screens.

1. _____

2. _____

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Reading Comprehension: Your Mind

Directions: Read the story “The Scoop on ADHD” (page 12). Then answer these questions.

1. What are *genes*?

- A. pants made out of dark blue denim cloth
- B. special cells that tell our brains to pay attention when we daydream
- C. instructions passed down from parents to children that make us who we are

2. According to the article, what are some ways kids with ADHD work to pay more attention and do better in school? List two ways.

- 1. _____
- 2. _____

3. Which is *not* a good schoolwork strategy mentioned in the article?

- A. keep things organized
- B. do homework outside, such as in a park
- C. find a quiet place to do schoolwork

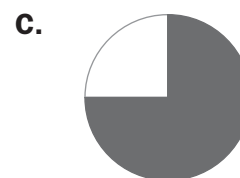
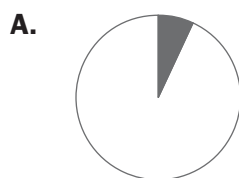
4. “Luckily, strategies exist for dealing with ADHD.” Which sentence below means the same thing?

- A. Kids who have ADHD are not alone.
- B. Counselors and therapists can help people with ADHD calm down and focus.
- C. There are ways to manage ADHD.

5. Robert, in the article, said he taught his ears how to listen. What does he mean?

- A. he made himself pay more attention in class
- B. he took a class about listening
- C. he learned sign language

6. One expert in the article says that 5 percent to 10 percent of kids have ADHD. Look at the graphs below. Which graph is shaded to most closely show this amount?



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Reading Comprehension: Your Body

Part 1

Directions: Read the story “Fearsome Food Allergies” (page 15). Then match each word with its correct definition.

- | | |
|------------------------|---|
| 1. antibodies _____ | A. when someone is unable to digest a food properly |
| 2. histamine _____ | B. protects the body from foreign substances |
| 3. intolerance _____ | C. chemicals produced by the immune system
in response to foreign substances |
| 4. immune system _____ | D. sign that someone is having a problem or allergic reaction |
| 5. symptom _____ | E. a body chemical released during an allergic reaction |

Part 2.

Directions: Answer the questions below.

6. How can you be a good friend to someone with a food allergy?
- A. Ask your mom or dad to throw out all the peanut butter in your house.
 - B. Go to restaurants where the staff is not very understanding.
 - C. Learn what to do if your friend has an allergy emergency.
7. How does Riley M.’s dog protect her from foods she is allergic to?
- A. He checks for dangerous foods wherever they go.
 - B. He eats some of her food first to make sure it is safe.
 - C. He barks at people eating foods she is allergic to.
8. What is *epinephrine*?
- A. a type of food some kids are allergic to
 - B. a medicine in a shot that helps people having an allergic reaction
 - C. a severe allergic reaction that can lead to unconsciousness

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Reading Comprehension: Your Relationships

Directions: Read the story “All In the Family” (page 18). Then answer the questions below.

1. Why do some people not like to use the word *stepfamily*?
 - A. it’s not a real word
 - B. it can cause confusing feelings
 - C. it reminds some people of fairytales with mean stepfamilies

2. If you are *reluctant* to do something, how do you feel about it?
 - A. excited
 - B. not interested
 - C. mean and angry

3. Why does the expert say “It’s OK to cry at your mom’s wedding”?
 - A. because you shouldn’t keep your feelings inside
 - B. your grandma will feel better if she sees you crying too
 - C. there are always a lot of tissues at weddings

4. Why is it important to talk things out and ask questions when getting to know new family members?
 - A. to help avoid misunderstandings and problems
 - B. to know whether or not you can borrow clothes
 - C. so you have things to talk about at the dinner table

5. What is the main idea of this article?
 - A. There are many ways to be a successful and happy stepfamily.
 - B. All kinds of families have problems.
 - C. Developing a sense of closeness takes time, but only if you work at it.

6. List three details that support the main idea of “All In the Family.”

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Reading Comprehension: Your Energy

Directions: Read the story “Your Magical, Muscular Core!” (page 22). Then answer the questions below.

1. Why are some muscles in your body described as your *core* muscles?
 - A. Those muscles are used when you eat an apple.
 - B. The medical word for those muscles means “apple.”
 - C. They are in the center of your body, like an apple’s core is in the center of an apple.

2. What do you know about the word *agility* from this sentence? “After six months of training, Ashlyn has found that she has much better balance, speed, and *agility*.”
 - A. Agility helps with sports.
 - B. Agility keeps Ashlyn busy.
 - C. Agility helped her team win the championship.

3. How would you classify these three things: *transversus abdominis*, *obliques*, *quadratus lumborum*?
 - A. types of exercises
 - B. muscles in the human body
 - C. muscle injuries baseball players receive

4. How is core strength related to posture, according to the article?
 - A. Having strong core muscles makes you proud to stand up straight.
 - B. Strong core muscles make your body lean slightly forward.
 - C. Strong core muscles hold your spine steady.

5. What is the main idea of this article?
 - A. Strong core muscles help with sports and everyday tasks.
 - B. Having strong core muscles is similar to having magic powers.
 - C. Heavy backpacks and sitting all day make core muscles weak.

6. List three details that support the main idea of “Your Magical, Muscular Core!”

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Reading Comprehension: Your World

Directions: Read the story “At the Hospital” (page 26). Then answer the questions below.

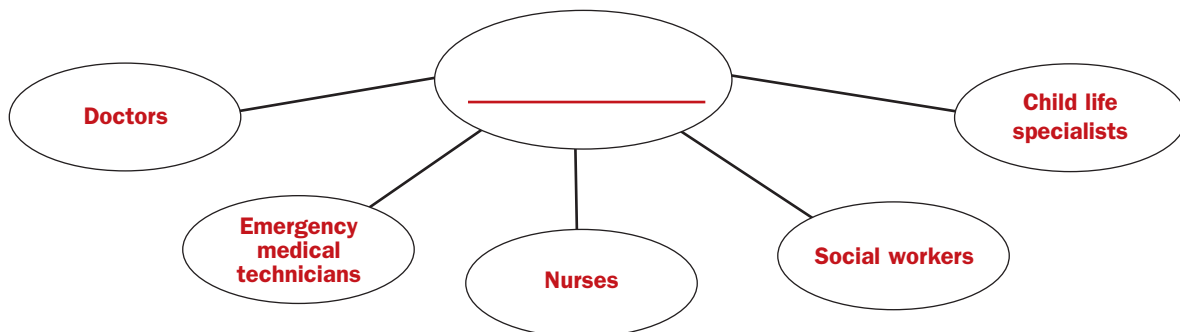
1. What is the job of a child life specialist?
 - A. to specialize in children’s lives
 - B. to operate on kids who are ill
 - C. to help kids understand what is going on in a hospital

2. What does it mean when the professor says that in the emergency room, “it’s a team approach”?
 - A. everybody works together
 - B. doctors and nurses are on opposing teams
 - C. workers wear different colored coats to show what shift, or team, they are on

3. Why does Ty say that the game of hockey played in the hallway at the hospital was a “no-contact game”?
 - A. because those are the rules for Hospital Hockey
 - B. because hockey is dangerous
 - C. because he was making a joke

4. Which statement would a doctor or nurse working in an emergency room most likely agree with?
 - A. Ask to get a tour of the hospital before you go for surgery.
 - B. Homemade gifts are great for loved ones in the hospital.
 - C. It’s important to wear helmets and wrist guards when you Rollerblade.

5. Which heading best completes the graphic organizer below?
 - A. Different Kinds of Nurses
 - B. People Who Helped Ty When He Was Sick
 - C. People Who Work in Hospitals



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Reading Comprehension: Answer Key

Your Choices

1. C, **2.** A, **3.** B, **4.** A, **5.** Answers will vary. **6.** Answers will vary.

Your Mind

1. C, **2.** Possible answers include: putting things away where they belong; find a clean, quiet work-space in which to do homework; taking breaks to relax outside; learn to calm down and focus; work to listen; and some kids take medications. **3.** B, **4.** C, **5.** A, **6.** A.

Your Body

1. C, **2.** E, **3.** A, **4.** B, **5.** D, **6.** C, **7.** A, **8.** B.

Your Relationships

1. C, **2.** B, **3.** A, **4.** A, **5.** A, **6.** Answers will vary.

Your Energy

1. C, **2.** A, **3.** B, **4.** C, **5.** A, **6.** Answers will vary.

Your World

1. C, **2.** A, **3.** C, **4.** C, **5.** C.