

Name: _____

Reading Comprehension: Your Mind

Directions: Read the story “Hardwired to Create” (page 8). Then answer the questions below.

1. Which is an example of *creativity*?
 - A. memorizing dates in history
 - B. drawing pictures while on the phone
 - C. riding in a car to get to music class

2. Which is the first step in the creative process, according to the article?
 - A. taking lessons
 - B. buying supplies
 - C. having an idea

3. Which parts of your brain work together to help you finish a creative project?
 - A. the front and center parts of the brain
 - B. the hippocampus and the amygdala
 - C. the right and left sides

4. Which statement best supports the idea that every person has the ability to be creative?
 - A. “Sometimes if I draw or doodle, it keeps me from being worried.”
 - B. “If you give a kid who’s just had surgery a piece of Play-Doh, when you come back an hour later, they usually have made some sort of sculpture.”
 - C. “I love this story about robots, but why not have robots from outer space?”

5. “Sometimes just getting started on a creative project is more important than whether what you’re working on gets finished.” Do you agree or disagree with this statement? Explain your answer on the lines below.

Name: _____

Reading Comprehension: Your Choices

Directions: Read the story “Balancing Act” (page 11). Then answer the questions below.

1. Which is an example of someone who has successfully set priorities?
 - A. Alexis asks her mom and dad on Wednesday night for help with a project due on Friday.
 - B. Bart plays basketball and watches TV before doing his homework.
 - C. Carlos writes out his schedule and makes time to work on his book report a little bit every night this week.

2. “Time management skills are *crucial* for making sure you can finish all your chores and activities by the end of the day.” What does the word *crucial* mean?
 - A. very important
 - B. somewhat helpful
 - C. very difficult

3. Which is *not* a tip for balancing schoolwork and other priorities?
 - A. Make to-do lists and check things off as you complete them.
 - B. Once you get organized, you won’t need to write down assignments anymore.
 - C. Find a good place to do homework and keep everything you’ll need handy.

4. Which are all examples of must-do activities?
 - A. going to school, doing homework, feeding the dog
 - B. eating vegetables, going to school, watching your favorite TV show
 - C. doing homework, brushing teeth, joining a lot of teams

5. What is the main idea of this article?
 - A. Breaking up big projects into smaller pieces will lighten the load.
 - B. Sometimes you might have some time leftover for fun activities.
 - C. Setting priorities will help you have time to do everything you need and want to do.

6. List three details that support the main idea of “Balancing Act.”

Name: _____

Reading Comprehension: Your World

Directions: Read the story “I Focus on My Abilities, Not My Disability” (page 14). Then answer the questions below.

1. What does it mean when someone is *paralyzed*?
 - A. they are unable to move or feel when they are being touched
 - B. they are unable to drive a car
 - C. they are unable to go surfing

2. Most of the article is written from what point of view?
 - A. first person
 - B. second person
 - C. third person

3. Which of these sentences is written in third person point of view?
 - A. I’ve got so much going for me that I don’t want to focus on the challenges.
 - B. So far, Patrick is able to use his arms a little bit.
 - C. One time, we went to a snow camp, and my troop built a toboggan.

4. Which detail supports the fact that Patrick calls his sister, Samantha, “incredible”?
 - A. She helps Patrick put his shoes on, pack up his backpack, and gets him into the van.
 - B. She is helping him learn how to walk.
 - C. She is on the surfing team at school.

5. Which statement is a fact?
 - A. The ocean can be healing and freeing.
 - B. People who surf are the nicest people around.
 - C. Patrick is able to use his arms a little bit.

6. Which statement is an opinion?
 - A. Patrick wakes up early in the morning so he can get everything done.
 - B. Patrick has met some of the coolest people.
 - C. Sports are very important to Patrick.

Name: _____

Reading Comprehension: Your Energy

Directions: Read the article “To Eat or Not to Eat?” (page 18). Then answer the questions below.

1. When is it healthy to eat at a fast-food restaurant?
 - A. never
 - B. sometimes
 - C. always

2. What is the main problem with fast-food meals, according to one of the experts in the article?
 - A. It can be hard to find nutrition and calorie information in restaurants.
 - B. The meals often have too much fat, sugar, and salt.
 - C. People eat fast-food meals while rushing around instead of sitting down as a family.

3. Which is *not* a way to make healthier choices when eating out, according to the article?
 - A. Ask for extra cheese and sauce so you get your money’s worth.
 - B. Choose a whole-grain bun or whole-grain bread if either is available.
 - C. Select fruits or vegetables, such as carrot sticks or apple slices, as side dishes.

4. What conclusion can you draw about unsaturated fat, based on what you know about saturated fat from the article?
 - A. Unsaturated fat might be better for you.
 - B. Some fats are manmade.
 - C. All fats are unhealthy.

5. The headline “Biting Back At Fast Food” means:
 - A. Some types of fast food can give you a rash, similar to an insect bite.
 - B. Kids in Florida are fighting back at fast food ads and toys.
 - C. You can fight fast food by biting into more fruits and vegetables.

6. “The goal is to have everything in *moderation*.” The word *moderation* means
 - A. all the time
 - B. modern
 - C. once in a while

Name: _____

Reading Comprehension: Your Body

Directions: Read the article “Your Skin Unmasked” (page 22). Then answer these questions.

1. “Jackie’s mom is taking her to the *dermatologist*.” What does a dermatologist do?
 - A. helps with pimples
 - B. treats rashes
 - C. treats skin cancer
 - D. all of the above
 - E. none of the above

2. Which of the following are found in our skin?
 - A. sweat glands
 - B. salicylic acid
 - C. cuts and scrapes
 - D. all of the above
 - E. none of the above

3. Which word fits best here? “Piercing and tattooing need to be done under _____ conditions.”
 - A. social
 - B. dark
 - C. clean
 - D. all of the above
 - E. none of the above

4. Which of the following is *not* a job of skin, according to the article?
 - A. maintaining body temperature
 - B. making you look perfect
 - C. keeping out infections and disease
 - D. all of the above
 - E. none of the above

5. What is the main idea of this article?
 - A. Many skin problems will go away on their own.
 - B. Skin has a lot of jobs, and things that go wrong with skin can be treated or prevented.
 - C. Without skin, you would look a lot like a piece of meat at the supermarket.

Name: _____

Reading Comprehension: Your Relationships

Directions: Read the story “Words Can Hurt” (page 26). Then answer the questions below.

1. Which is an example of someone being *intimidated*?
 - A. a shy person sings on stage at the talent show
 - B. a group of bullies tells other students not to tell on them, or else
 - C. friends tell each other ghost stories at camp

2. After Paul’s teacher rearranged seats in the classroom and started paying attention, the bullying
 - A. stopped
 - B. increased
 - C. happened in the lunchroom instead

3. Which is *not* something to do when bullying is happening, according to the article?
 - A. get your older brother to tease the bullies
 - B. ask other students not to laugh or join in on bullying
 - C. be a friend to those who are being bullied

4. Which of the following is a statement that people who take part in No Name-Calling Week would most likely agree with?
 - A. Ignoring bullying will help stop it.
 - B. Teasing and name-calling are problems, but there is nothing you can do to stop them.
 - C. Teasing and name-calling are problems, but are ways to help stop them at school.

5. What is the main idea of this article?
 - A. Teasing or name-calling is a form of bullying that kids can help stop.
 - B. Some schools hold events to help stop bullying.
 - C. School would be a very different place if there was no bullying.

6. List three details that support the main idea of “Words Can Hurt.”

Name: _____

Reading Comprehension: Answer Key

Your Mind

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

Your Choices

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

Your World

1. A, 2. A, 3. B, 4. A, 5. C, 6. B.

Your Energy

1. B, 2. B, 3. A, 4. A, 5. B, 6. C.

Your Body

1. D, 2. A, 3. C, 4. B, 5. B.

Your Relationships

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