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## Reading Comprehension: Your Energy

**Directions:** Read the story “Your Best Foot Forward” (page 8). Then answer the questions below.

1. What parts of the body work especially hard during *aerobic* exercise?
  - A. microbes
  - B. heart and lungs
  - C. legs and arms
  
2. Which phrase could be used to replace *it* in the following sentence? “Young people should get at least an hour of physical activity daily. Most of *it* should be aerobic.”
  - A. physical activity
  - B. young people
  - C. one hour
  
3. Which item does the story say is helpful to have when you start walking, jogging, or running?
  - A. expensive running shoes
  - B. a worn pair of shoes
  - C. well-fitting, comfortable shoes
  
4. What does it mean when Olympic runner Jeff Galloway “suggests alternating periods of running with short walk breaks”?
  - A. Stop running when you need to and instead walk a little.
  - B. Walk home when you finish running.
  - C. Don’t mix running and walking.
  
5. What is the main idea of this article?
  - A. Running is better than walking or jogging.
  - B. Joining a track club is a great way for kids to start running.
  - C. Walking, jogging, and running are all great exercises.
  
6. List three ways you can add more walking, jogging, or running to your daily routine.

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## Reading Comprehension: Your Body

**Directions:** Read the story “Wake-Up Call” (page 12). Then answer the questions below.

1. What is the main idea of this article?
  - A. Kids who don't sleep enough do poorly in school.
  - B. The body's internal clock changes during the teen years.
  - C. Good sleep is important for good health.
  
2. How many hours of sleep do most kids and teens need each night?
  - A. 12.5 hours
  - B. 6.25 hours
  - C. 9.25 hours
  
3. What does it mean when the teen sleep expert says “a good night's sleep solidifies the learning”?
  - A. At night, our brains process and remember what we learn during the day.
  - B. At night, the cells in our brains become harder and more solid.
  - C. Leave a TV on at night so you can learn even while you sleep.
  
4. Which statement is *not* supported by the information in the article?
  - A. Many kids and teens don't get enough sleep.
  - B. You can make up for lack of sleep on the weekends.
  - C. A good night's sleep can help you do better in school.
  
5. According to the article, computer games, soft drinks, and TV can all
  - A. improve your health.
  - B. affect your schoolwork.
  - C. keep you awake.
  
6. List three things you can do to make sure that you get enough sleep.  
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## Reading Comprehension: Your Relationships

**Directions:** Read the story “Through Thick and Thin” (page 15). Then answer the questions below.

1. “When the economy went bad, the stress of Kiera’s family’s finances took a toll on everyone.”

What does this sentence mean?

- A. Kiera’s mother could not afford to pay the tolls on the road to get to work.
- B. Kiera’s family started to have problems with money, and it was stressful.
- C. Kiera’s family had to move because of the stock market.

2. Which was something Kiera says she wishes she had done?

- A. shared more of the work when her family moved
- B. told her mom to think positively about moving
- C. gotten a job to give her family more money

3. Which is *not* a way the experts from the article say kids should deal with stress?

- A. Remember your family’s strengths and what you do best together.
- B. Ignore your thoughts and feelings and hope they go away.
- C. Get enough sleep and eat healthy foods.

4. What is one way that Simon and Noah helped make their situation less stressful?

- A. The boys decided not to talk to their parents about their worries.
- B. Simon got a job at a soup kitchen.
- C. The family talked about their worries together.

5. What is the main idea of this article?

- A. When a parent loses his or her job it is tough for the family.
- B. Kids can’t do anything to help their family when times are tough.
- C. Kids can be helpful to their families when times are tough.

6. List three details that support the main idea of “Through Thick and Thin.”

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## Reading Comprehension: Your World

Directions: Read the story “Just a Click Away” (page 18). Then answer the questions below.

1. Which is a good way to start when you turn to the Web for health information?
  - A. Do a Web search and choose whichever site comes up first.
  - B. Look for videos on YouTube.
  - C. Begin at a known and trusted Web site.
  
2. Which of the following best describes what the word *reliable* means?
  - A. popular
  - B. can be trusted
  - C. improves health
  
3. How can checking the Web address or sponsors help you find good information online?
  - A. You will know who created the information.
  - B. You can call or write to them to complain.
  - C. They will tell you whether their information is true or false.
  
4. How do the South Carolina librarians in the article help students find good health information?
  - A. The librarians tell kids which books to read.
  - B. They teach kids how to find reliable Web sites.
  - C. They answer health questions for the kids.
  
5. What is something to keep in mind when visiting a wiki, according to the article?
  - A. The information is always wrong.
  - B. Anyone can change the information so it isn't always reliable.
  - C. Your teacher will know if you copy information from a wiki.
  
6. What else does the article say can help when you need to find health information?
  - A. a person you trust
  - B. a dictionary
  - C. guessing

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## Reading Comprehension: Your Mind

**Directions:** Read the story “Advertising On the Brain” (page 22). Then answer the questions below.

1. The article mentions parts of the brain that play a role when we hear or see advertisements. Which of the following is a part of the human brain?
  - A. tricep
  - B. anterior cruciate ligament
  - C. amygdala
  
2. Which of the following is probably *not* a form of advertising?
  - A. a plain shirt
  - B. a car in a movie
  - C. a brand-name can of cola
  
3. “Sometimes advertising is very informative.” What is the best way to describe this statement?
  - A. It is an opinion.
  - B. It is a fact.
  - C. It is an opinion based on facts.
  
4. “On average, American kids see about 40,000 TV commercials a year.” What is the best way to describe this statement?
  - A. It is an opinion.
  - B. It is a fact.
  - C. It is an opinion based on facts.
  
5. What is the main idea of this article?
  - A. Kids can be smart about advertisements.
  - B. Advertisements are always bad for kids.
  - C. Our brains are fooled by good advertisements.
  
6. List three questions you can ask yourself when you see an advertisement.

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## Reading Comprehension: Your Choices

**Directions:** Read the story “Smart About Medicine” (page 26). Then answer the questions below.

1. Which of the following is a type of medicine?
  - A. pediatrician
  - B. bacteria
  - C. antibiotics
  
2. Which is something you should do when it comes to medicines?
  - A. take someone else’s medicine
  - B. take expired medicines
  - C. take all your antibiotics
  
3. Which is something you should *not* do when it comes to medicines?
  - A. take extra medicine when you feel very sick
  - B. find out if the medicine keeps other medicines from working
  - C. read the instructions and warnings
  
4. According to the article, which is a true statement?
  - A. Abuse of over-the-counter medicines is less dangerous than abusing illegal drugs.
  - B. Save leftover medicine for the next time you get sick.
  - C. Not all spoons hold the same amount of liquid.
  
5. What is the main idea of this article?
  - A. Medicines need to be used correctly.
  - B. Medicines need to be kept in a safe place.
  - C. Medicines can help you feel better.

6. List three details that support the main idea of “Smart About Medicine.”

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## Reading Comprehension: Answer Key

### Your Energy

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

### Your Body

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

### Your Relationships

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

### Your World

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

### Your Mind

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

### Your Choices

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