

Name: _____

Reading Comprehension: Your Choices

Directions: Read “Stand Up for Yourself” (page 9). Then answer the questions below.

1. Which is an example of positive peer pressure?
 - A. A classmate teases you for not sharing your homework with them.
 - B. A teammate gets everyone on the team to help out at a food drive.
 - C. A friend leaves you out of an activity because you don't agree with the crowd.

2. In this sentence, what does the word *obvious* mean? “Peer pressure isn't always as *obvious* as someone handing you a beer and telling you to drink it.”
 - A. dangerous
 - B. a bad decision
 - C. easy to see

3. Which detail from the article shows that Gaby is not worried about peer pressure anymore?
 - A. She stuck to her own style and got some new friends.
 - B. She got her mom to buy her a few new outfits.
 - C. She stopped wearing a winter jacket to school when it is cold.

4. What is the main idea of this article?
 - A. Some peer pressure can be good for you.
 - B. There are many ways kids get pressured, and there is nothing you can do.
 - C. Some peer pressure is normal, but you can resist it when you need to.

5. Which of the following details supports the main idea?
 - A. Peer pressure can also be about leaving people out or not talking to them.
 - B. You'll feel better about yourself when you stay true to your values and beliefs.
 - C. You can pressure your friends to eat healthy foods.

6. Pretend you have a friend who is having trouble with peer pressure. List three helpful tips from the article that you would share with this friend.

Name: _____

Reading Comprehension: Your Energy

Directions: Read the story “Make Lunch Count” (page 12). Then answer the questions below.

1. The last paragraph of the main article highlights the idea that
 - A. Jillian has energy because she eats whole grain bread.
 - B. School and after-school sports make students very tired.
 - C. A healthy lunch gives you energy all afternoon.

2. Why do you think one student in the article said to look for different colors in your food?
 - A. Because it means you are eating a mix of fresh fruits and vegetables.
 - B. Because old, moldy food can turn different colors.
 - C. Because a brightly colored lunch will wake you up at school.

3. Which do you think best describes what a *dietitian* deals with in his or her job?
 - A. vegetables
 - B. schools
 - C. nutrition

4. Why does the article say that water the best drink at lunchtime?
 - A. The article’s author wants us to buy more water.
 - B. It’s calorie-free and keeps the body hydrated.
 - C. Water doesn’t have any artificial colors or flavors.

5. Which is the best description of the main idea of this article?
 - A. What you eat for lunch can be a healthy way to keep you going all afternoon.
 - B. Look out for unhealthy options when deciding what to eat for lunch.
 - C. You need to eat every three to five hours to give your body energy.

6. List three details that support the main idea of “Make Lunch Count.”

Name: _____

Reading Comprehension: Your Body

Directions: Read the story “A Fresh You!” (page 16). Then answer the questions below.

1. What is the main idea of this article?
 - A. There are many things people do to keep their bodies clean.
 - B. Kids should take showers every day.
 - C. Many people don't do enough to stay clean and smell fresh.

2. Which of the options below is the product meant when the article says “Many people use a *combination product*, which often works the best”?
 - A. deodorant and body spray
 - B. antiperspirant and deodorant
 - C. soap and water

3. What needs to be cleaned after every use to prevent illness or infection?
 - A. sports clothes
 - B. the area under your fingernails
 - C. the spaces between braces and teeth

4. Which choice below shows the three main categories covered in the article?
 - A. clothes, skin, teeth
 - B. deodorant, soap, toothpaste
 - C. dirt, body odor, clean hands

5. What *don't* hand sanitizers do, according to the article?
 - A. kill germs
 - B. remove dirt
 - C. contain alcohol

6. List three new facts you learned from reading this article.

Name: _____

Reading Comprehension: Your Relationships

Directions: Read the story “Head of the Class” (page 20). Then answer the questions below.

1. According to the article, what is the job of a student?
 - A. to learn
 - B. to be nice to other students
 - C. to do what the teacher says

2. Which is *not* a list of things that the article says good students need to do?
 - A. study for tests, do extracurricular activities, answer every question asked in class
 - B. Bring materials to class, make learning a priority, listen in class
 - C. study for tests, be friendly to teachers and students, get work done on time

3. What does it mean when the author says “It’s an exciting yet nerve-racking time”?
 - A. The start of a new school year is thrilling and a little scary.
 - B. Talking with a teacher about a problem can make you very nervous.
 - C. Getting too excited or scared about something can make your nerves hurt.

4. What does the article say is the first thing to do to try and fix things if you are having problems with a teacher?
 - A. Write a letter to your teacher.
 - B. Think about what you may have done wrong and don’t do it again.
 - C. Make friends with your teacher on a social networking Web site.

5. Which is *not* a benefit of having a good relationship with your teachers, according to the article?
 - A. A teacher may think of you first when it comes to opportunities outside of class.
 - B. Students who get along with their teachers get straight As.
 - C. It can make the difference between a fantastic year and a not-so-great one.

6. Which tip from the article do you think is most important for helping students and teachers get along, and why? Write your answer on the lines below.

Name: _____

Reading Comprehension: Your Mind

Directions: Read the story “Attack of the Nerves” (page 24). Then answer the questions.

1. What is *adrenaline*?
 - A. a chemical in the body
 - B. a fast-beating heart
 - C. a type of sweat produced when people are nervous

2. What does Kevin mean when he says “It feels like a thousand beady eyes staring at you”?
 - A. Five hundred people watched him give a speech.
 - B. Everyone stares when they think you feel nervous.
 - C. He felt as though everyone was watching him.

3. What is an *anxiety disorder*?
 - A. When a lot of worries interfere with daily life.
 - B. A disorder that causes people to stay up all night.
 - C. An illness that causes butterflies to grow in your stomach.

4. Which of the following does *not* support the fact that stress from anxiety can damage your health?
 - A. Some kids might learn nervous behavior from anxious parents.
 - B. Uncontrolled anxiety can lead to heart problems and stomach disorders.
 - C. Feelings of anxiety can prevent people from getting proper sleep.

5. What is the main idea of this article?
 - A. Feelings of anxiety are normal, but you can keep them from getting out of control.
 - B. Feelings of anxiety are normal, but there is nothing you can do to make them go away.
 - C. Feelings of anxiety can stop you from doing well in school.

6. List three details that support the main idea of “Attack of the Nerves.”

Name: _____

Reading Comprehension: Your World

Directions: Read the story “Health Care Down the Hall” (page 27) and answer these questions.

1. Which are the most common complaints school nurses hear from kids, according to the article?

- A. asthma and strep throat
- B. headaches and stomachaches
- C. sniffles and sprains

2. What does “the nurse patched you up” mean?

- A. the nurse helped you up on the examining table
- B. the nurse took out a needle and thread to fix your clothes
- C. the nurse fixed your injury and helped you feel better

3. Why do some school health centers host farmer’s markets and school gardens? Choose the best answer from the options below.

- A. to make it easier for families to get fresh produce
- B. to help people learn how to cook
- C. to show city students what it is like on a farm

4. Which of the following is *not* a benefit of school-based health centers mentioned in the article?

- A. School-based health centers offer free or low-cost care.
- B. There is a kid-friendly environment at school-based health centers.
- C. Computers make health care better at school-based health centers.

5. What is the main idea of this article?

- A. School nurses keep kids safe in an emergency until help arrives.
- B. Look for health resources at your school.
- C. School health experts help with students’ big and little health needs.

6. List three details that support the main idea of “Health Care Down the Hall.”

Name: _____

Reading Comprehension: Answer Key

Your Choices

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

Your Energy

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

Your Body

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

Your Relationships

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

Your Mind

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

Your World

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