

Name: _____

Reading Comprehension: Your Mind

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

1. Nightmares are more common in kids and teens because
 - A. Young people haven't completely developed their emotions and sense of security yet.
 - B. They obsessively worry about things in real life.
 - C. The bad dreams are omens of bad things that are really about to happen.

2. In nine hours of sleeping, about how many dreams do people usually have?
 - A. Seven to 10
 - B. 12 to 24
 - C. Four to six

3. Which part of the brain is not involved with dreaming?
 - A. The pons
 - B. The frontal cortex
 - C. The amygdala

4. The article implies that April's bad dream about crashing a car might be linked to
 - A. The fact that she had just enrolled in driver-education courses.
 - B. Her actual likelihood of being in an auto accident.
 - C. Watching a TV show about aliens.

5. What people most often remember about dreams are
 - A. Negative emotions.
 - B. What others in the dream are wearing.
 - C. Happy feelings.

6. What was your most memorable dream? Could you link it to any external stimuli?

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Reading Comprehension: Your Energy

Directions: Read the story “Pick Your Portion” (page 12). Then answer the questions below.

1. Look at the photograph of the stack of hamburgers on page 15. How many servings of grains appear to be in the stack?

- A. Six
- B. Three
- C. One

2. A portion size is best defined as

- A. How much of a food you choose to eat.
- B. How much of a food nutritionists think you should eat.
- C. How much of a food you can eat until you are full.

3. What is one likely effect of the increase in serving sizes in modern cookbooks?

- A. People may apply the larger serving size when eating in restaurants as well.
- B. People are spending more for the ingredients in the cookbooks’ recipes.
- C. People are rejecting the modern cookbooks in favor of older ones.

4. Regularly eating larger portion sizes may increase a person’s risk of developing

- A. Acne.
- B. Ulcers.
- C. Obesity.

5. What is the main idea of this article?

- A. Portion sizes should ideally mirror serving sizes.
- B. Tennis balls are a good model for servings of fruits and vegetables.
- C. Value meals at fast-food restaurants can be split into two portions.

6. Summarize the article’s strategies for choosing a healthy portion size.

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Reading Comprehension: Your Body

Directions: Read the story “Cold Comfort” (page 16). Then answer the questions below.

1. Which body system is responsible for defending against the germs that cause colds?
 - A. The nervous system
 - B. The immune system
 - C. The circulatory system

2. According to the article, common colds generally originate in
 - A. The ears.
 - B. The mouth.
 - C. The nose.

3. Why aren't antibiotics recommended for treating colds?
 - A. They are too expensive to use for mild illnesses.
 - B. They can cause Reye's syndrome in teens.
 - C. They kill bacteria, not the viruses that cause colds.

4. Which of the following will *not* help you keep from getting a cold?
 - A. Washing hands well and often
 - B. Getting vaccinated against it
 - C. Staying away from people who are sick

5. The likelihood of a cure for the common cold is
 - A. Strong, with good cure candidates right around the corner.
 - B. Nonexistent, since scientist don't understand much about viruses.
 - C. Remote, but researchers are investigating ways to stop a developing cold.

6. What, do you think, is the worst part of having a cold? How can you use the information in the article to feel better the next time you do get sick?

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Reading Comprehension: Your Relationships

Directions: Read the story “Head of the Class” (page 19). Then answer the questions below.

1. Which of the following is not a reason to seek a good relationship with your teachers?
 - A. It’s important to learn how to get along well with all kinds of people in life.
 - B. Teachers’ pets usually get preferential treatment.
 - C. Teachers can look out for you and help you with job and college applications.

2. How did Charlotte resolve a problem with her science teacher?
 - A. She complained directly to the teacher.
 - B. She talked to her guidance counselor.
 - C. She ignored the situation.

3. What does it mean when the author says “Teachers are human too”?
 - A. Sometimes teachers’ problems may affect their mood and behavior in class.
 - B. Take everything your teacher says to heart.
 - C. Teachers are all imperfect and you shouldn’t listen to them.

4. What is one way of trying too hard to please a teacher?
 - A. Memorizing all of his or her likes and dislikes
 - B. Being respectful in class
 - C. Doing your work on time and to the best of your abilities

5. What is the main idea of this article?
 - A. A good relationship with teachers can benefit you now and in the future.
 - B. You should never friend your teachers on a social networking site.
 - C. Parents can help when you have a problem with a teacher.

6. List three details that support the main idea of “Head of the Class.”

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Reading Comprehension: Your World

Directions: Read the story “The Future Is Now” (page 22). Then answer the questions below.

1. Which of the following is not a modern medical advance?
 - A. Bone marrow transplants to treat cancer
 - B. Eyeglasses to treat vision problems
 - C. Cochlear implants to treat hearing problems

2. How has modern medicine improved the outlook for people with sickle-cell anemia?
 - A. Doctors have learned how to cure the condition.
 - B. Prevention efforts keep people from developing the condition.
 - C. People with this condition now have a longer life expectancy.

3. Why did Marissa Ayala’s parents decide to conceive her?
 - A. They wanted a daughter after having only sons.
 - B. They liked the name “Marissa” and wanted to be able to use it.
 - C. They hoped she could donate bone marrow to a sister with cancer.

4. What scientific advance holds hope for treating and curing many illnesses?
 - A. Genetics
 - B. Handwashing
 - C. Automated external defibrillators

5. How does basic hygiene improve health?
 - A. Good hygiene habits makes a person more likely to have other healthy habits.
 - B. Handwashing improves the skin’s infection-fighting capabilities.
 - C. Cleanliness reduces the risks of germs such as bacteria.

6. Which medical advance from the article do you think will affect the most people, and why?

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Reading Comprehension: Your Choices

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

1. What are kappa opioid receptors?
 - A. Areas of the brain that respond to salvia
 - B. Chairpeople of fraternities and sororities
 - C. The main ingredients of salvia

2. How did using salvia make Duncan feel?
 - A. Elated.
 - B. Confused.
 - C. Frightened.

3. Which is not a reason scientists are studying salvia?
 - A. They want to learn if the drug has any dangerous effects.
 - B. They’re curious to see if the drug enhances people’s driving skills.
 - C. They think the drug might be able to help treat some health problems.

4. Why hasn’t salvia been banned everywhere?
 - A. It is too easy to grow, so making it illegal would be useless.
 - B. The drug’s safety is not in question.
 - C. Scientists and law enforcement officials don’t yet know enough about it.

5. What is the main idea of this article?
 - A. Be wary of salvia’s potential risks.
 - B. One salvia user’s suicide led to the drug’s ban in Delaware.
 - C. Salvia is a hallucinogenic drug.

6. Describe what scientists do know about salvia and its effects on people.

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Reading Comprehension: Answer Key

Your Mind

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

Your Energy

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

Your Body

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

Your Relationships

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

Your World

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

Your Choices

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