

Name: _____

Reading Comprehension: Your Body

Directions: Read the story “Nothing But the Tooth” (page 8). Then answer the questions below.

1. Which phrase could be used to replace *It* in the following sentence?
“It hurt a little bit, but not as much as I expected.”
 - A. Getting a tooth X-ray
 - B. Getting a cavity filled
 - C. Flossing teeth

2. Which does not contribute to cavities?
 - A. Consumption of sugary foods and drinks
 - B. Gum disease
 - C. Lack of tooth brushing and flossing

3. How do braces make keeping teeth clean more difficult?
 - A. They hurt and make the teeth more sensitive to brushing and flossing.
 - B. They can be eroded by the flouride that is an ingredient in many types of toothpaste.
 - C. They can get in the way of a toothbrush or piece of floss.

4. Which of the following is *not* a good strategy for saving a knocked-out tooth?
 - A. Placing it in a glass of milk
 - B. Placing it in a tissue
 - C. Placing it back in the socket

5. How can you avoid the dental problems experienced by the teens in the article?
 - A. Get sealants so you don't need to brush your teeth anymore.
 - B. Only go to the dentist when your teeth are painful.
 - C. Brush and floss your teeth well, limit sugar, and wear mouthguards when playing sports.

6. List the ways you take care of your teeth.

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Reading Comprehension: Your Mind

Directions: Read the story “An Equal-Opportunity Destroyer” (page 12). Then answer the questions below.

1. Who is vulnerable to developing eating disorders?
 - A. Boys and men
 - B. Girls and women
 - C. Everybody

2. Which of the following is not an eating disorder?
 - A. Bulimia nervosa
 - B. Diabetes mellitus
 - C. Binge-eating disorder

3. How does participation in sports influence development of eating disorders in boys?
 - A. Only extremely thin pro athletes are viewed as role models.
 - B. The less a boy weighs, the faster he will be able to move.
 - C. Certain sports require participants to compete in weight-based categories.

4. What is the first step to dealing with an eating disorder?
 - A. Admitting the problem and asking for help
 - B. Eating more food, more often
 - C. Avoiding images of celebrities with unrealistically perfect bodies

5. What is the main idea of this article?
 - A. Boys can develop eating disorders just as girls do, but everyone can conquer them.
 - B. Talk therapy, nutritional monitoring, and medicine are eating disorder treatments.
 - C. Only wrestlers develop eating disorders.

6. Why, do you think, eating disorders in boys and men aren't talked about much?

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Reading Comprehension: Your World

Directions: Read the story “Healthy People 2010” (page 16). Then answer the questions below.

1. What is Healthy People 2010?
 - A. A program for measuring progress on health problems
 - B. A reality show in which people compete to become healthier
 - C. A social networking Web site for fitness fanatics

2. How does information collected through Healthy People 2010 help health officials?
 - A. It puts them in contact with individual people who have health problems.
 - B. It convinces lawmakers to support a universal health insurance plan.
 - C. It helps them decide which problems need the most attention.

3. How does the article demonstrate the program’s relevance to teens?
 - A. It displays photos of teens eating healthy food.
 - B. It mentions each of the program’s 28 focus areas.
 - C. It mentions health statistics that represent real teens.

4. According to Healthy People 2010, obesity in adolescents is:
 - A. Decreasing
 - B. Remaining at about the same level
 - C. Increasing

5. How does Ian Lash feel about Healthy People 2010?
 - A. He thinks it will be a good subject for his college thesis project.
 - B. He is upset that it prompted school officials take away many snack options.
 - C. He is glad it spurred efforts to include healthier items in school vending machines.

6. Where do you think health officials obtain the data used in Healthy People 2010?

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Reading Comprehension: Your Choices

Directions: Read the story “A Risky Decision” (page 20). Then answer the questions below.

1. For Amy, the side effects of smoking marijuana:
 - A. Went away as soon as the high wore off
 - B. Disappeared when she quit using the drug for good
 - C. Have lingered for months since she last smoked pot

2. A University of Michigan survey linked teens’ use of marijuana to their belief that:
 - A. It is not very harmful.
 - B. It is popular.
 - C. It is inexpensive.

3. What do scientists now believe about marijuana’s effects on teens?
 - A. The drug can permanently alter their brains.
 - B. The drug’s effects cannot be detected.
 - C. The drug is only harmful to the body but not to the mind.

4. Which of the following is *not* a likely a consequence of Amy’s drug use?
 - A. Her stuttering
 - B. Her desire to become a nurse
 - C. Her struggle with reading

5. What is the main idea of this article?
 - A. Marijuana can be especially damaging to teens’ minds and decision-making abilities.
 - B. Teens sometimes turn to drugs to deal with feeling upset.
 - C. Amy stopped using drugs but still battles temptation to try them again.

6. List three details that support the main idea of “A Risky Decision.”

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Reading Comprehension: Your Energy

Directions: Read the story “Just Junk?” (page 23). Then answer the questions below.

1. How does the dietitian featured in this article feel about junk food?
 - A. She thinks people should completely avoid it.
 - B. She doesn't believe that anything should be called junk food.
 - C. She feels it is OK to consume as part of a balanced, healthy diet.

2. What makes a food “junk food”?
 - A. It has few nutrients and is high in salt, fat, or sugar.
 - B. It is sold in a fast-food restaurant.
 - C. It contains a lot of calories.

3. According to the article, junk food's health effects:
 - A. Can make a person feel unwell right away
 - B. Aren't noticeable until a person is elderly
 - C. Can never be reversed

4. What may be one reason that the article features two alternatives for each item of junk food?
 - A. Eating both of the healthier options together is better than eating the junk food item.
 - B. The article layout looked better with more colorful photos.
 - C. The healthiest choice isn't always available.

5. Why do some cities require restaurants to post calorie counts?
 - A. Restaurants should be punished for selling junk food.
 - B. Calculating calories helps teens develop math skills.
 - C. Officials think this will help people make healthier eating choices.

6. Which of the reasons for limiting junk food is most important to you?

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Reading Comprehension: Your Relationships

Directions: Read the story “Hey, Mom and Dad: Are We Cool?” (page 26). Then answer the questions below.

1. According to the article, how do most teens feel about their relationship with their parents?
 - A. They wish they didn't fight all the time with their parents.
 - B. They don't care what their parents think.
 - C. They get along well with their parents.

2. Having zero conflicts with parents:
 - A. Is the only sign of a good relationship
 - B. Is similar to the relationship your parents had with their parents
 - C. Is an unrealistic goal

3. What does it mean when Sarah Burningham says “Your parents are your parents—now and forever?”
 - A. You should aim to make the relationship with your parents a lasting and good one.
 - B. Genes determine who your parents are.
 - C. Your parents will always have the final say over what you do.

4. Which of the following is *not* a value that most parents try to instill in teens?
 - A. Judgment
 - B. Impulsiveness
 - C. Honesty

5. How did Sarah Henke resolve problems with her parents?
 - A. She talked to them, tried to understand their point of view, and was more cooperative.
 - B. She immediately dropped her new friends and never went out at night anymore.
 - C. She used sarcasm and passive-aggressive behavior to win arguments with her parents.

6. Why, do you think, teens now have better relationships with parents than earlier generations did?

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Reading Comprehension: Answer Key

Your Body

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

Your Mind

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

Your World

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

Your Choices

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

Your Energy

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

Your Relationships

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