

Name: _____

Reading Comprehension: Your Choices

Directions: Read the story “Green Choices” (page 10). Then answer the questions below.

1. Which of the following is not one of the environmental three R’s?
 - A. Reuse
 - B. Resell
 - C. Reduce

2. If environmental problems aren’t solved, what might the planet be like in the future?
 - A. Clean and green
 - B. Crowded and polluted
 - C. Barren and quiet

3. How does eating meat affect the environment?
 - A. Cooking meat uses more energy than does cooking vegetables and grains.
 - B. People who eat meat are more likely to pollute.
 - C. Animals grown to be eaten use many resources, such as water.

4. According to the article, how might spending time outdoors influence a person’s green choices?
 - A. She or he would get more vitamin D from the sun and need less from dairy sources.
 - B. She or he would spend less time using electronic devices that consume energy.
 - C. She or he might become more motivated to protect the environment.

5. What is the main idea of this article?
 - A. Making small eco-choices every day can add up to a big difference.
 - B. Teens aren’t to blame for most environmental problems.
 - C. Turning off lights and appliances saves energy at home and at school.

6. List three small, environmentally friendly changes that teens can make in their daily lives.

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Reading Comprehension: Your Relationships

Directions: Read the story “Green Persuasion” (page 14). Then answer the questions below.

1. How did Frankie Catalfumo persuade people to participate in his fundraiser?
 - A. He convinced teachers to offer extra credit for students who participated.
 - B. He wrote a letter to the newspaper about the damage.
 - C. He made a visual depiction of the problem and displayed it in public.

2. According to the article, which is *not* a reason that teens avoid getting involved?
 - A. They believe their efforts won't make a difference.
 - B. They are unaware of ways to help .
 - C. They think it will cost too much money.

3. What does Cara C. say is the best way to enlist others' support?
 - A. Give them the facts and a solid understanding of the issue.
 - B. Tell them that they'll be left out because everyone else is participating.
 - C. Think of a catchy slogan and a clever acronym for your group.

4. Why would acting as the eco-police likely backfire?
 - A. It takes up too much time that could be spent on other efforts.
 - B. There's no way to punish those who don't participate.
 - C. People may not respond positively to guilt.

5. If you give people material rewards for participating, what might happen?
 - A. They'll start their own group in order to earn bigger rewards.
 - B. They'll stop supporting your effort once the program is over.
 - C. They'll get rid of the reward later, causing litter and pollution.

6. Why is enlisting others to help with environmental projects important?

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Reading Comprehension: Your Body

Directions: Read the story “Attacking Asthma” (page 18). Then answer the questions below.

1. Which of the following could trigger an asthma attack for Lacreia West?
 - A. Gasoline fumes
 - B. Cigarette smoke
 - C. Spicy food

2. According to the article, how does Lacreia cope with asthma?
 - A. She avoids playing sports at school.
 - B. She keeps her condition a secret from her friends.
 - C. She tries to avoid triggers and also uses an inhaler with medication.

3. Which body system does asthma most affect?
 - A. The circulatory system
 - B. The respiratory system
 - C. The nervous system

4. Which of the following is *not* a factor in high asthma rates in St. Louis?
 - A. Acceptance of cigarette smoking in public places
 - B. Exposure to contaminated water in the Mississippi River
 - C. Large amounts of pollen in the air

5. What can cause asthma attacks in school?
 - A. Residue from rodents and roaches
 - B. Dust from chalkboards
 - C. Exhaust from idling school buses

6. Describe how the environment can influence development of, and suffering from, asthma.

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Reading Comprehension: Your Mind

Directions: Read the story “Weather Or Not” (page 21). Then answer the questions below.

1. Weather phenomena that can affect mood include all of the following *except*

- A. Sunlight and cloud cover
- B. Precipitation
- C. Dew point

2. Why does Pete S. hate gloomy and cold weather?

- A. He gardens and worries that bad weather will harm his plants.
- B. He doesn't like wearing heavy coats.
- C. He gets frustrated by spending so much time indoors.

3. Which mental health condition is directly related to weather?

- A. Bipolar disorder
- B. Seasonal affective disorder
- C. Alzheimer's disease

4. What does the article suggest as one way to improve your mood?

- A. Spending time outside in natural settings
- B. Taking a lot of vitamins and herbal supplements
- C. Persuading your parents to move somewhere that has nicer weather

5. What is the main idea of this article?

- A. Weather and the natural environment have an effect on mood.
- B. Gardens in nursing homes, hospitals, and schools make people happier.
- C. There is a link between sunlight, the circadian rhythm, and sleep.

6. List three details that support the main idea of “Weather or Not.”

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Reading Comprehension: Your World

Directions: Read the story “Waste Woes” (page 24). Then answer the questions below.

1. What is e-waste?
 - A. Discarded electronic devices and appliances
 - B. Junk e-mail and online spam
 - C. Electricity used by computers that are plugged in but put to sleep

2. What is the main reason why e-waste is a problem?
 - A. It causes clutter in people’s homes.
 - B. It costs a lot of money to clean up.
 - C. It creates harmful conditions for people who process the waste.

3. According to the article, why has e-waste recently increased?
 - A. Recycling programs have shut down for budgetary reasons.
 - B. The government has ordered new computers for all its employees.
 - C. A switch in television formats caused people to throw out old TVs.

4. Which group is most vulnerable to damaging from lead in e-waste?
 - A. Scientists
 - B. The elderly
 - C. Children

5. What is one way to reduce the amount of e-waste?
 - A. Try to make old electronics last longer instead of buying new ones.
 - B. Recycle the chemicals in discarded devices by yourself.
 - C. Stop using computers altogether.

6. Why, do you think, e-waste is more of a problem in other countries than in the United States?

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Reading Comprehension: Your Energy

Directions: Read the story “Put Your Best Foot Forward” (page 28). Then answer the questions below.

1. What parts of the body work especially hard during aerobic exercise?
 - A. Heart and lungs
 - B. Stomach and intestines
 - C. Legs and arms

2. Which could be used to replace *it* in the following sentence? “Teens should get at least an hour of daily physical activity, and aerobic exercise should make up most of *it*.”
 - A. teens
 - B. physical activity
 - C. one hour

3. Which item does the article say is essential when you go walking, jogging, or running?
 - A. a pedometer
 - B. a good pair of sneakers
 - C. a track suit

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. Walking, jogging, and running are all great exercises.
 - B. Joining a track club is a great way for kids to start running.
 - C. Running is better than walking or jogging.

6. List three ways you can add more walking, jogging, or running to your daily routine.

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Reading Comprehension: Answer Key

Your Choices

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

Your Relationships

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

Your Body

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

Your Mind

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

Your World

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

Your Energy

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