

Name: _____

Reading Comprehension: Your Energy

Directions: Read the story “Be a Juice Sleuth” (page 8). Then answer the questions below.

1. “A drink with anything less than 100 percent juice has been *diluted*. That means something else has been added, usually water and sugar.” Which word means the opposite of *diluted*?

- A. sugary
- B. delicious
- C. strong

2. What does it mean when a label says juice is from *concentrate*?

- A. The juice comes from that country.
- B. The juice was made by adding water to frozen juice.
- C. Drinking that juice regularly will help you do well on tests.

3. Which option below includes the three healthiest ingredients to see listed on a juice label?

- A. honey, apple juice, water
- B. organic orange juice, water, sugar
- C. apple juice, cranberry juice, water

4. What does it mean when the dietitian says a beverage *quenches your thirst*?

- A. helps you feel less thirsty
- B. makes you feel more thirsty
- C. turns you from thirsty to hungry

5. What is the main idea of “Be a Juice Sleuth”?

- A. Learning about juice can help you make healthy choices.
- B. Only 100 percent juice is good for you.
- C. You need to be a detective to be able to read nutrition labels.

6. List three details that support the main idea of “Be a Juice Sleuth.”

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Reading Comprehension: Your Relationships

Directions: Read “The Doctor Will See You Now” (page 12). Then answer the questions.

1. Which of these lists contains something that the doctors in the article say does *not* need to be a part of your doctor’s visit?

- A. get weighed, get blood pressure checked, see a nurse
- B. get height and weight measured, talk with the doctor
- C. get weighed, get temperature taken, be embarrassed

2. “I like to spend at least part of the visit with the patient on their own so we can talk *openly* about any questions he or she might have.” What does it mean when doctors say they like to talk with patients *openly*?

- A. talk in the waiting room
- B. talk about anything
- C. go outside to talk

3. Why do you think a doctor in the article says “Let me tell you, nothing is too weird”?

4. What is the main idea of this article?

- A. You can talk with your doctor about private things.
- B. There are many different jobs in doctor’s offices.
- C. Your doctor works with you to keep you healthy.

5. List three details that support the main idea of “The Doctor Will See You Now.”

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Reading Comprehension: Your Body

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

1. At which age, according to the article, do the bones in people’s feet mature?

- A. 16 or 17
- B. 18 to 23
- C. after age 25

2. What is a doctor of *podiatric medicine* an expert in?

- A. kids
- B. iPods
- C. feet

3. Which is *not* a foot problem that you can try to prevent?

- A. Achilles tendon stretch
- B. smelly feet
- C. strains and sprains

4. What, according to the article, is RICE?

- A. a way to help injuries heal
- B. a special kind of ice that helps feet heal
- C. a tendon that connects the heel bone to the calf muscle

5. Who can get athlete’s foot, according to the article?

- A. people who use public showers
- B. people who are athletes
- C. people who go barefoot
- D. All of the above
- E. None of the above
- F. Both A and B

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Reading Comprehension: Your Choices

Directions: Read the story “Huffing: A Deadly High” (page 20). Then answer the questions.

1. List three ways doing inhalants, or “huffing,” hurts the body.

2. When did Steve, from the article, realize he needed to get help?

- A. when one of his friends died
- B. the first time he tried huffing
- C. when he passed out at school

3. What are *hallucinations*?

- A. a side effect of being light-headed
- B. another word for peer pressure
- C. when people see things that aren't there

4. The article says huffing has effects on the *nervous system*. The nervous system includes which part of the body?

- A. brain
- B. lungs
- C. heart

5. What is the main idea of this article?

- A. Huffing, even just once, can be dangerous or deadly.
- B. Many kids don't know that huffing is dangerous.
- C. Some kids die the first time they try huffing.

6. List three details that support the main idea of “Huffing: A Deadly High.”

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Reading Comprehension: Your Mind

Directions: Read the story “Get Spiritual” (page 23). Then answer the questions below.

1. The word *spirituality* is hard to define, the experts say, but they do know it has healthy benefits. Try it yourself! Write what you think the word *spirituality* means on the lines below.

2. Which is *not* a question the experts in the article say has been studied by researchers?

- A. Does doing yoga help us be more thankful?
- B. Can spirituality help fight stress and depression?
- C. Can meditation relieve pain?

3. “Instead of simply *trudging* through your day as usual, take a few seconds every now and then to notice the things around you.” What does the word *trudging* mean?

- A. going along with
- B. moving quickly
- C. being late for

4. List one idea from the article that you would like to try to help you feel less stress or to relax more.

5. Write down a time in your life when you think you will be able to use the technique you listed in number 4 (for instance, before a test, when things are difficult at home, or when you are very busy).

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Reading Comprehension: Your World

Directions: Read the story “The Future is Now” (page 26). Then answer the questions below.

1. In what way did medical discoveries help Pat Pedraja?
 - A. They helped him, and other kids, fight cancer.
 - B. They gave him a job.
 - C. They helped him when he needed a bone marrow transplant.

2. What is a part of the body affected by cystic fibrosis, the illness Lise Courtney D’Amico has?
 - A. lungs
 - B. human genome
 - C. ears

3. What was David Cluff able to do after he received his cochlear implant?
 - A. see
 - B. hear
 - C. use sign language

4. What are genetic diseases caused by?
 - A. microorganisms such as bacteria
 - B. damage to the body’s cells
 - C. harmful changes in the body’s genes

5. What is the main idea of this article?
 - A. Handwashing helps fight diseases.
 - B. The future looks bright because of science.
 - C. New discoveries help us live healthier lives.

6. List three details that support the main idea of “The Future is Now.”

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Reading Comprehension: Answer Key

Your Energy

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

Your Relationships

1. C, 2. B, 3. because the doctor wants kids to know that they can tell their doctor anything,
4. C, 5. Answers will vary.

Your Body

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

Your Choices

1. possible answers: can damage brain and hearing, can lead to slurred speech, lack of coordination, dizziness, light-headed feeling, hallucinations, addiction, bone marrow damage, irreversible spasms of the limbs, liver and kidney damage, cardiac arrest, suffocation, sudden sniffing death syndrome, can kill you 2. C, 3. C, 4. A, 5. A, 6. Answers will vary.

Your Mind

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

Your World

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