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## Reading Comprehension: Your Energy

**Directions:** Read the story “Just Dance!” (page 8). Then for each of the dances types listed below, name one unique characteristic and one health benefit.

**1. Ballet:**

Unique characteristic:

\_\_\_\_\_

Health benefit:

\_\_\_\_\_

**2. Ballroom dance:**

Unique characteristic:

\_\_\_\_\_

Health benefit:

\_\_\_\_\_

**3. African dance:**

Unique characteristic:

\_\_\_\_\_

Health benefit:

\_\_\_\_\_

**4. Zumba:**

Unique characteristic:

\_\_\_\_\_

Health benefit:

\_\_\_\_\_

**5. Masala Bhangra workout:**

Unique characteristic:

\_\_\_\_\_

Health benefit:

\_\_\_\_\_

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## Reading Comprehension: Your Relationships

**Directions:** Read the story “Through Thick and Thin” (page 11). Then answer the questions below.

1. Which phrase could be used to replace *It* in the following sentence spoken by Richard?

“We’ll get through it—it’s just going to take some time.”

- A. The rocky parent–child relationship during adolescence
- B. His family’s rough financial situation
- C. His new business selling skateboards

2. What made Keira and her family stressed about money?

- A. Her parents had separated when she was a child.
- B. They were living in government-subsidized housing.
- C. Moving to a nicer home strained the family budget.

3. How has the poor economy changed Richard’s financial situation?

- A. He had to get a job to contribute to the family budget.
- B. He doesn’t want to know about his family’s economic problems.
- C. He might not be able to depend on his parents to completely pay for college.

4. Which of the following is a healthy way to cope with stress?

- A. Panicking
- B. Getting plenty of rest
- C. Fighting with others

5. What is the main idea of this article?

- A. Teens and their families can cope through hard times.
- B. Many teens are worried about the economy.
- C. A part-time job is a good way for teens to help out at home.

6. List three details that support the main idea of “Through Thick and Thin.”

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## Reading Comprehension: Your Body

**Directions:** Read the story “Happy Feet” (page 14). Then answer the questions below.

1. What parts of the foot does plantar fasciitis affect?
  - A. The arch and heel
  - B. The toes and forefoot
  - C. The ankle and calf
  
2. What is a common cause of wear-and-tear injuries to feet and legs?
  - A. Overtraining for sports
  - B. Wearing the wrong type of shoes
  - C. Ignoring small injuries
  
3. What does it mean when the author says “The bones in the feet don’t fully mature until the ages of 18 to 23”?
  - A. Teens’ feet are more vulnerable to injuries than adults’ feet are.
  - B. On average, teens have smaller feet than adults do.
  - C. Teens don’t have to worry about injuries as much as adults do.
  
4. Which of the following is *not* a skin condition?
  - A. Athlete’s foot
  - B. Turf toe
  - C. Plantar warts
  
5. Who is the main audience for this article?
  - A. Athletes, dancers, and others who exercise
  - B. People who have foot problems
  - C. Everyone
  
6. Which of the conditions in the article would you most want to avoid? Explain how you would.

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## Reading Comprehension: Your Choices

**Directions:** Read the story “Vandalism Hurts” (page 14). Then answer the questions below.

1. Which of the following is *not* a case of vandalism?
  - A. Smashing a neighbor’s window
  - B. Shoplifting from a store
  - C. Spraying graffiti on a vacant building
  
2. Why did Taylor decide to take on vandalism in her community after seeing gravestones and flags knocked over at a cemetery?
  - A. She was looking for a community service project.
  - B. One of the vandalized graves belonged to someone she loved.
  - C. She felt it was disrespectful to the veterans buried there.
  
3. According to the article, what is one negative effect that vandalism often has on a community?
  - A. The school dropout rate increases.
  - B. Vandals pressure young people to join them.
  - C. People become afraid for their safety.
  
4. What is one of S.A.V.E.’s anti-vandalism programs called?
  - A. Adopt-a-Spot
  - B. Youth Crime Watch
  - C. Make-a-Difference Day
  
5. How do small acts of vandalism hurt a school?
  - A. They make fun of unpopular staff and students.
  - B. They are impossible to get rid of.
  - C. They take money, energy, and time away from more important needs.
  
6. How would you respond if someone pressured you to commit vandalism?

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## Reading Comprehension: Your Mind

**Directions:** Read the story “A Big Promotion” (page 22). Then answer the questions below.

1. What strategy did the advertise Hope saw use to catch her attention and manipulate her emotions?
  - A. It featured actress Vanessa Hudgens.
  - B. It explained in detail how the product worked.
  - C. It promised that people who used the product would be considered cool.
  
2. Why do manufacturers use product placement?
  - A. Television and movie producers pay them to feature their products.
  - B. It's less expensive than traditional advertisements.
  - C. People don't always pay attention to commercials.
  
3. What does viral marketing mean?
  - A. People are paid to promote products, but don't disclose that they're being paid to do so.
  - B. Drug companies are trying to promote antiviral treatments.
  - C. Advertisers spam e-mail inboxes with messages about their products.
  
4. Which of the following is *not* common element of advertisements?
  - A. Celebrity endorsements
  - B. Cost
  - C. Humor
  
5. What is the main idea of this article?
  - A. If you use critical thinking skills, you can avoid being swayed by advertisements.
  - B. There are many different forms of advertising.
  - C. Advertisers like to target teens

6. List three details that support the main idea of “A Big Promotion.”

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## Reading Comprehension: Your World

**Directions:** Read the story “Health Care Down the Hallway” (page 26). Then answer the questions below.

1. Which of the following is found in some school-based health centers?
  - A. A dermatologist’s office
  - B. A dentist’s office
  - C. A chiropractor’s office
  
2. About how many U.S. schools do not have their own nurses?
  - A. 12 percent
  - B. 25 percent
  - C. 65 percent
  
3. What did school-based health center staff help Ivette with, in addition to reproductive health problems she was having?
  - A. Depression and mental illness
  - B. Immunizations
  - C. Asthma
  
4. Which of the following is *not* an aspect of health care in schools?
  - A. Easy access
  - B. Expensive out-of-pocket prices
  - C. Near-total confidentiality
  
5. What is the main idea of this article?
  - A. School nurses take care of more problems than just cuts and bruises.
  - B. Telemedicine can bring health care to rural schools.
  - C. Students have plenty of health-care resources in their own schools.
  
6. Name one thing you learned from “Health Care Down the Hallway.”  
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## Reading Comprehension: Answer Key

### Your Energy

Answers will vary.

### Your Relationships

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

### Your Body

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

### Your Choices

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

### Your Mind

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

### Your World

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