

Name: _____

Reading Comprehension: Your Relationships

Directions: Read the story “Hey, Buddy!” (page 8). Then answer the questions below.

1. Which phrase could be used to replace *It* in the following sentence?
“If you get vibes that there’s no interest, don’t try to force it.”
 - A. Friendship
 - B. Romance
 - C. Leadership

2. Why does the Hayley think it is not ideal to win friends by being overly nice?
 - A. You might get tired of the effort to be kind and start to become mean.
 - B. People tend to shun those who try to hard to be nice.
 - C. The potential friends might abuse your kindness.

3. What does it mean when the author says “If you feel shy around new people, don’t worry”?
 - A. Shy people shouldn’t try to grow their social circles.
 - B. You don’t have to be extroverted to win friends.
 - C. People will seek you out for friendship whether you’re shy or not.

4. Which of the following does *not* support the idea that prejudging new people is unwise?
 - A. You can make friends online as well as in real life.
 - B. Eventually, Mark’s classmates saw he was just like them and befriended him.
 - C. You can’t always tell if you’ll like someone just by meeting them once.

5. What is the main idea of this article?
 - A. Making new friends doesn’t have to be intimidating if you know how to approach it.
 - B. Body language can tell people how open to the you are.
 - C. Mark had a hard time finding friends because of his celebrity status.

6. List three details that support the main idea of “Hey, Buddy!”

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Reading Comprehension: Your Choices

Directions: Read the story “A Prescription for Trouble” (page 12). Then answer the questions below.

1. Who is most sensitive to the potential for addiction of drugs such as OxyContin?
 - A. Infants
 - B. Elderly people
 - C. Teenagers

2. What is one reason teens who might not try illegal drugs would abuse prescription drugs instead?
 - A. They see adults taking prescription drugs and think medications are safe.
 - B. Street drugs don't seem as cool as prescription drugs do.
 - C. Prescription drugs are less addictive than illegal drugs.

3. What effect could Heath Ledger's death have on a person's decision to abuse medication?
 - A. The person might think drug use is necessary to become a famous actor.
 - B. It could convince the person that this practice can be deadly.
 - C. The person might avoid the drugs Ledger took, but use other ones instead.

4. What is not one of the long-term risks of abusing medication?
 - A. Many of these drugs can be addictive.
 - B. Recovery can be a painful process.
 - C. The user's teeth and hair will fall out.

5. What might be one way to warn teens about the dangers of prescription drugs?
 - A. Emphasize the risk of addiction, serious health problems, and death.
 - B. Make it illegal for teens with a serious medical condition to use these medications.
 - C. Ignore the topic and hope their curiosity about drugs goes away.

6. How would you summarize “A Prescription for Trouble”?

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Reading Comprehension: Your Energy

Directions: Read the story “Warming Up to Warm-Ups” (page 16). Then answer the questions below.

1. Dynamic stretching can include:
 - A. Stretching while moving
 - B. Light aerobic activity
 - C. Pilates and yoga

2. What do you think will happen if Kimberly continues to take warming up seriously?
 - A. Over time, her muscles will get worn out.
 - B. At track meets, she'll have an unfair advantage.
 - C. She'll avoid reinjuring her calf muscle.

3. What is one difference between warm-ups and the activity they prepare you for?
 - A. Both use totally different muscle groups.
 - B. Warm-ups are less intense.
 - C. Warm-ups aren't really necessary.

4. Which of the following is not an advantage of warming up before exercise?
 - A. It helps the person become mentally prepared for the activity.
 - B. It increases blood flow and muscle flexibility.
 - C. It builds muscle strength.

5. Who should do warm-ups?
 - A. Only Olympians and elite athletes
 - B. Just people who are recovering from injuries
 - C. Everybody who exercises or plays a sport

6. State three arguments in support of warm-ups.

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Reading Comprehension: Your Mind

Directions: Read the story “Attack of the Nerves” (page 20). Then answer the questions below.

- Which of the following might trigger anxiety?
 - Eating your favorite meal
 - Finding out when a movie is playing
 - Giving a speech to a large group of people

- Why do you think softball tryouts make Kalyn anxious?
 - The weather is usually stormy when tryouts are held.
 - Kalyn always has a big test the same day as tryouts.
 - She worries that she'll perform poorly and will fail to make the team.

- What does William Shryer mean when he says “Anxiety is a good thing”?
 - If you are anxious, people will be nice to you.
 - It can prepare people to react in dangerous or difficult situations.
 - Constant anxiety is a sign that you are healthy.

- Teens who develop social phobia might:
 - enjoy meeting new people
 - avoid parties and large gatherings
 - volunteer to be a greeter at the local hospital

- What do you think was the point of this article?
 - Anxiety is a biological process.
 - Teens can learn to manage anxiety so that it isn't a problem.
 - There are many different kinds of anxiety disorders.

- In your own words, describe how people can overcome anxiety.

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Reading Comprehension: Your Body

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

1. Which type of meningitis attacked Kayla?
 - A. Bacterial
 - B. Viral
 - C. Impossible to say from the information given

2. Which body system do you think is most involved with meningitis infections?
 - A. The digestive system
 - B. The circulatory system
 - C. The immune system

3. Doctors trying to diagnose a case of meningitis might look for symptoms such as:
 - A. Swollen ankles, a sore throat, and hives
 - B. A rash, high fever, and stiff neck
 - C. A stuffy nose, bloodshot eyes, and fainting

4. Which of the following summarizes meningitis vaccine recommendations?
 - A. Vaccination is key in preventing the disease, but some groups shouldn't get vaccinated.
 - B. If a person misses a vaccination by age 13, it's too late to get one.
 - C. People taking college classes online need the vaccination.

5. Which is not a reason why meningitis is a frightening disease?
 - A. It strikes suddenly and can kill quickly.
 - B. It is often hard to diagnose.
 - C. It is very rare.

6. In the article, Kaeley says college freshmen who aren't vaccinated against meningitis “leave themselves vulnerable [and] run the risk of infecting all their classmates.” Explain why she worries about both scenarios.

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Reading Comprehension: Your World

Directions: Read the story “Just a Click Away” (page 26). Then answer the questions below.

1. What is the author’s purpose in writing this story?
 - A. To demonstrate why much information online is not reliable
 - B. To help you understand how to use the Internet to find health information
 - C. To promote trustworthy Web sites

2. Faizunnahar searches her library’s computer system when:
 - A. She is researching her ancestors.
 - B. She wants to know more about a health condition that a friend has.
 - C. She is researching a topic for homework or a report.

3. The goal of Cyber Court is to:
 - A. Teach teens how to tell if a Web site is accurate and reliable.
 - B. Develop a list of Web sites teens should avoid.
 - C. Expose teens to the workings of the legal system.

4. Who do you think is most likely to post health information you can trust?
 - A. Government agencies and universities
 - B. Pharmaceutical companies and medical device manufacturers
 - C. Wikis and blogs

5. Which of these is not a good sign that a site has reliable information?
 - A. An “about us” section with a medical advisory board
 - B. An address ending in .org, .gov, or .edu
 - C. Testimonials or endorsements from celebrities

6. Discuss the smart-surfing strategies in the article that you think are most helpful.

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Reading Comprehension: Answer Key

Your Relationships

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

Your Choices

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

Your Energy

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

Your Mind

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

Your Body

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

Your World

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