

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**DIRECTIONS**

Read the text and then answer the questions.

Getting sick is part of life. Yet it does not have to happen all the time! Some people get shots to help them stay healthy. These shots are called *immunizations*. They keep the immune system healthy. This system helps the body fight illnesses. People can boost their immune systems. They do this by eating well, getting rest, and exercising.

1. What is this text about?

- (A) The text is about life.  
 (B) The text is about illnesses.  
 (C) The text is about being apart from someone you love.  
 (D) The text is about injuries.

2. Which title best describes the main idea?

- (A) Getting Shots to Stay Healthy  
 (B) Going to the Doctor  
 (C) How to Eat Well  
 (D) A Mother's Advice

3. Which word is the root word in *healthy*?

- (A) eal  
 (B) health  
 (C) stealth  
 (D) heal

4. Which word means the same as *boost*?

- (A) prescribe  
 (B) improve  
 (C) blow  
 (D) knock

5. What does the phrase *fight illness* mean?

- (A) have surgery  
 (B) keep healthy  
 (C) go to the doctor  
 (D) be cured

**SCORE**

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

\_\_\_ / 5

Total

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**SCORE**

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

\_\_\_ / 5

Total

One way to stay healthy is to get enough vitamins. Vitamins are found in healthy foods. They help our bodies work well. It is always best to get vitamins from food. A pill can also be taken. It has healthy nutrients inside. A vitamin a day can keep the doctor away!

1. Which word best summarizes this text?

- (A) vitamins
- (B) doctor
- (C) foods
- (D) inside

4. Which word is the antonym of *away*?

- (A) inside
- (B) here
- (C) stay
- (D) taken

2. What is the main idea of the text?

- (A) Vitamins are only found in food.
- (B) Vitamins help you stay healthy.
- (C) Doctors want you to take vitamins.
- (D) Vitamins are only for adults.

5. *A vitamin a day can keep the doctor away* is closely related to which popular saying?

- (A) It's raining cats and dogs.
- (B) Another day, another dollar.
- (C) She is in hot water.
- (D) An apple a day keeps the doctor away!

3. Which word has a vowel sound like the word *pill*?

- (A) krill
- (B) dial
- (C) height
- (D) bull

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**DIRECTIONS**

Read the text and then answer the questions.

There is such a thing as a good germ. Some forms of bacteria live in our intestines. They help our bodies absorb the healthy food we eat. Another type of bacteria is used to make vaccines. These shots help our bodies learn to fight illnesses.

**SCORE**

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

\_\_\_ / 5

**Total**

1. Which title would tell a reader more about this text?

- (A) Shots at the Doctors
- (B) Body Health
- (C) Good Germs
- (D) Flu Symptoms

2. Which index entry would lead readers to this text?

- (A) childhood vaccines
- (B) helpful bacteria
- (C) forms of exercise
- (D) body organs

3. Which word has the same blend as the word *absorb*?

- (A) able
- (B) absolute
- (C) tub
- (D) obvious

4. Which two words from the text are similar in meaning?

- (A) *type* and *form*
- (B) *fight* and *learn*
- (C) *make* and *rid*
- (D) *good* and *bacteria*

5. Why is the phrase *good germ* interesting?

- (A) because germs are alive
- (B) because germs are only for doctors to worry about
- (C) because germs are unpredictable
- (D) because germs are usually thought to be bad

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## Cover That Sneeze!

Ahh...ahhhh...aaahhhhchooo! That sneeze is uncovered, and so the germs fly through the air. It is pretty gross to think about, but have you ever wondered about the germs in your body? They are very small organisms that live inside us. An *organism* is a living thing. Germs are alive, and they can cause us to get sick. It is impossible to keep germs out of our bodies. They are so tiny that we do not even know they are coming inside our bodies. The only way we know that germs have made us sick is when we begin to feel symptoms. We might get a fever or a sore throat. We might have a runny nose or a headache.

Germs are usually spread through the air. They come out in a sneeze, a cough, or a breath. They can also be spread by saliva, sweat, or blood. Sometimes, they come from touching something. For example, a person can touch his or her nose and then touch a doorknob. If someone else touches that doorknob right away, he or she can pick up those germs.

How can you protect yourself from germs? The most important way to do this is to wash your hands. Soap and water are a germ's enemies. They wash the germs away. This is why it is so important to wash your hands throughout the day. But a quick splash will not work. Hands should be washed for about twenty seconds.

Staying healthy also keeps germs away. This means getting enough rest and not being too tired. It also means eating good foods and exercising. These are germ-fighting secrets!



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**DIRECTIONS**

Read "Cover That Sneeze!" and then answer the questions.

**SCORE**

1. Which purpose for reading is most appropriate for this text?

- (A) to learn about important events
- (B) to compare two things
- (C) to be informed
- (D) to be persuaded

2. Which opinion would be most popular with this author?

- (A) Germs do not spread very easily.
- (B) Not wearing a coat in the cold will make you sick.
- (C) Hand washing is an important way to stay healthy.
- (D) Eating healthfully does not keep germs away.

3. Which prior experience would best help a reader understand this text?

- (A) putting on a bandage
- (B) asking a doctor about the source of an illness
- (C) taking cough medicine
- (D) taking a bath

4. Which organizational pattern matches this text?

- (A) It gives the history of a problem.
- (B) Two problems are compared.
- (C) It tells about a problem and a few solutions.
- (D) It gives a situation that some people think is a problem and others don't.

5. What is the most important point about germs?

- (A) Doorknobs are always dirty.
- (B) Hand washing must last for five minutes.
- (C) Germs are easily spread, but there are ways to protect ourselves from them.
- (D) Germs are only spread through sneezing.

6. Which detail does **not** support the text's theme?

- (A) Germs are usually spread through the air.
- (B) You might have a runny nose.
- (C) Germs can be spread by touch.
- (D) Soap and water are a germ's enemies.

1. (Y) (N)

2. (Y) (N)

3. (Y) (N)

4. (Y) (N)

5. (Y) (N)

6. (Y) (N)

\_\_\_ / 6

**Total**

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

## DIRECTIONS

Reread “Cover That Sneeze!” Then, read the prompt and respond on the lines below.

## SCORE

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Think about a time when you were sick and a time when you were healthy. How were those two experiences different for you?

[illegible]