

Name _____ Date _____

Instructions: Read each question carefully and choose the best answer.

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| <ol style="list-style-type: none"> 1. How does the girl feel when she is healthy? <ul style="list-style-type: none"> Ⓐ She has more energy. Ⓑ She is in a bad mood. Ⓒ She is sad. 2. What is something that healthy people do? <ul style="list-style-type: none"> Ⓐ They sleep only one or two hours a night. Ⓑ They get up and move around. Ⓒ They play video games all day long. 3. What is something that unhealthy people do? <ul style="list-style-type: none"> Ⓐ They brush their teeth. Ⓑ They don't wash their hands. Ⓒ They eat a good breakfast. 4. What does the girl need to do on school days? <ul style="list-style-type: none"> Ⓐ go to bed earlier Ⓑ eat a small breakfast Ⓒ watch lots of television | <ol style="list-style-type: none"> 5. When a person is healthy, he or she is not _____. <ul style="list-style-type: none"> Ⓐ sick or injured Ⓑ strong and active Ⓒ happy 6. Extended Response: What do you do to stay healthy? |
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Quick Check Answer Sheet

Healthy Me

Main Comprehension Skill: Compare and Contrast

1. Ⓐ *Cause and Effect*
2. Ⓑ *Compare and Contrast*
3. Ⓑ *Compare and Contrast*
4. Ⓐ *Main Idea and Details*
5. Ⓐ *Vocabulary*
6. Answers will vary but should include activities the student does to stay healthy.