

Name _____ Date _____

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

1. How does the girl feel when she is healthy?
 - Ⓐ She has more energy.
 - Ⓑ She is in a bad mood.
 - Ⓒ She is sad.
2. What is something that healthy people do?
 - Ⓐ 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?
 - Ⓐ 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?
 - Ⓐ go to bed earlier
 - Ⓑ eat a small breakfast
 - Ⓒ watch lots of television
5. When a person is **healthy**, he or she is not _____.
 - Ⓐ sick or injured
 - Ⓑ strong and active
 - Ⓒ happy
6. **Extended Response:** What do you do to stay healthy?

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.