

Name _____ Date _____

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

1. What is this book mainly about?
 - Ⓐ how systems in your body keep you alive and healthy
 - Ⓑ how your food is digested
 - Ⓒ how the respiratory system works inside your body
 - Ⓓ how to keep your body systems healthy
2. What would happen if your bones weren't connected by joints?
 - Ⓐ You would fall down.
 - Ⓑ You would not be able to breathe.
 - Ⓒ You would not be able walk and run.
 - Ⓓ All of the above
3. What does your skeleton do for your body?
 - Ⓐ It gives your body strength.
 - Ⓑ It protects your inner organs.
 - Ⓒ It gives your body its shape.
 - Ⓓ All of the above
4. Which system communicates what to do to the other body systems?
 - Ⓐ respiratory system
 - Ⓑ muscular system
 - Ⓒ nervous system
 - Ⓓ skeletal system
5. Which of these statements is not true?
 - Ⓐ You are able to move and breathe without thinking about it.
 - Ⓑ Your heart needs to rest while you are asleep.
 - Ⓒ Blood takes oxygen to the cells in your body.
 - Ⓓ The saliva in your mouth helps with digestion of food.
6. Which of the following do you need to think about as your body does it?
 - Ⓐ take a breath
 - Ⓑ make your heart beat
 - Ⓒ do a math problem
 - Ⓓ digest your food

Quick Check continued on following page

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7. Blood **circulates** through your body. This means that it _____.
 - Ⓐ moves quickly through your body
 - Ⓑ starts at the heart and ends at the brain
 - Ⓒ moves slowly through your body
 - Ⓓ moves around your body and back again to the start
8. Which of the following does blood not do?
 - Ⓐ tells muscles what to do
 - Ⓑ delivers food to cells
 - Ⓒ delivers oxygen to cells
 - Ⓓ picks up wastes and takes it to your kidneys
9. Where does the digestion of food begin?
 - Ⓐ in the stomach
 - Ⓑ in the mouth
 - Ⓒ in the small intestine
 - Ⓓ in the large intestine
10. What can you do to keep your body healthy?
 - Ⓐ Don't stay up late at night.
 - Ⓑ Eat your vegetables.
 - Ⓒ Look before you cross the street.
 - Ⓓ All of the above
11. **Extended Response:** Describe how the respiratory system and the circulatory system work together.

Quick Check Answer Sheet

Inside Your Body

Main Comprehension Skill: Main Idea and Details

1. Ⓐ *Main Idea and Details*
2. Ⓒ *Cause and Effect*
3. Ⓓ *Main Idea and Details*
4. Ⓒ *Main Idea and Details*
5. Ⓑ *Make Inferences / Draw Conclusions*
6. Ⓒ *Make Inferences / Draw Conclusion*
7. Ⓓ *Vocabulary*
8. Ⓐ *Main Idea and Details*
9. Ⓑ *Main Idea and Details*
10. Ⓓ *Make Inferences / Draw Conclusions*
11. Answers should include *the respiratory system allows you to take in air through your nose, where it moves through the wind pipe to the lungs. Once in the lungs, the circulatory system allows blood to take oxygen to the cells in your body. As the blood travels through the body, it picks up waste such as carbon dioxide, which the lungs remove.*