

Name _____ Date _____

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

1. Which sentence best tells the main idea of this book?
 - Ⓐ Green broccoli can help keep your bones strong.
 - Ⓑ Eating a rainbow every day is a great way to stay healthy.
 - Ⓒ Eat a handful of fruit every day instead of candy.
2. Read this sentence: *It's good to make **healthy** food choices.* Which of the following means the same as **healthy**?
 - Ⓐ good for one's health
 - Ⓑ large in size
 - Ⓒ tasty and sweet
3. Two of the following choices are details. Which of the following tells the main idea?
 - Ⓐ apple
 - Ⓑ healthy snack
 - Ⓒ red
4. Which sentence is an opinion?
 - Ⓐ Corn can keep your stomach healthy.
 - Ⓑ Blueberries can help you remember things.
 - Ⓒ Avocados are best used in dip for chips.
5. How are broccoli and oranges similar?
 - Ⓐ They both are green.
 - Ⓑ They both are healthy foods.
 - Ⓒ They both are juicy.
6. **Extended Response:** Why did the author write this book? Support your answer with evidence from the book.

Quick Check Answer Sheet

A Rainbow of Foods

Main Comprehension Skill: Main Idea and Details

1. Ⓑ *Main Idea and Details*
2. Ⓐ *Vocabulary*
3. Ⓐ *Main Idea and Details*
4. Ⓒ *Fact or Opinion*
5. Ⓑ *Compare and Contrast*
6. Answers will vary but should include the idea that the author wrote the book to inform readers about different kinds of healthy foods and how they help different parts of the body. Students should cite examples from the book that show how these different foods help the body stay healthy.