NAME:_____ DATE:_____

DIRECTIONS Read the text. Answer the questions.

SCORE

1. ☺ 😐
2. ☺ 😐
3. ☺ 😐
4. ☺ 😐

____ / 4
Total

Most colds are passed by germs on hands. Wash your hands with soap and water. You can use special hand wipes that kill germs, too.

1. What is a good way to get rid of cold germs?

(A) putting your hands in your pockets

(B) washing your hands a lot

(C) staying in the house a lot

2. How do you get most cold germs?

(A) from germs on your hands

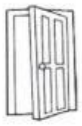
(B) by getting wet and cold

(C) from too much water

3. Which picture shows a word that has the same middle sound as *soap*?

(A) 

(B) 

(C) 

4. What does *special hand wipes* mean?

(A) things made for cleaning your hands

(B) cloths made for scrubbing things

(C) things made for cleaning your face

#50922—180 Days of Reading for First Grade

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NAME: _____ **DATE:** _____

DIRECTIONS Read the text. Answer the questions.

SCORE

Are you going to sneeze? Do not cover a sneeze with your hands. Use a tissue and toss it in the trash. Or sneeze into your elbow.

1. Why should you **not** sneeze into your hands?

(A) Your hands can make you sicker.
(B) You can pass the germs with your hands.
(C) You can stop the germs with your hands.

2. What should you do if you do not have a tissue?

(A) Sneeze into one hand.
(B) Turn your head.
(C) Sneeze into your elbow.

3. Which is the correct spelling for  ?

(A) elbow
(B) lbow
(C) elbo

4. Where should you toss a tissue?

(A) in the trash
(B) on the ground
(C) out the door

1. ☺ 😐
2. ☺ 😐
3. ☺ 😐
4. ☺ 😐

____ / 4
Total

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NAME:_____ DATE:_____

Fight Back!

You can help your body fight cold germs. Do not eat a lot of junk food. Eat good foods like fruit and vegetables. Do not have drinks with lots of sugar. Drink lots of water instead. Do not be a couch potato! Get out and take a walk.





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NAME: _____ **DATE:** _____

DIRECTIONS Read "Fight Back!" Answer the questions.

SCORE

1. ☺ 😐
2. ☺ 😐
3. ☺ 😐
4. ☺ 😐

____ / 4
Total

1. Why should you want to fight cold germs?

(A) Getting a cold keeps you busy.

(B) Getting a cold is better than the flu.

(C) Getting a cold makes you feel bad.

2. Which would be good food choices to stay healthy?

(A) chips and cookies

(B) bananas and water

(C) potatoes and fruit punch

3. Why should you take a walk?

(A) It helps you stay strong.

(B) It helps you catch a cold.

(C) It helps you eat more food.

4. What is the main idea?

(A) You should stay in bed if you get a cold.

(B) You can help yourself fight colds.

(C) You should see a doctor if you get a cold.

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