1 The King of Beasts

Who is the "King of Beasts"? We all know the answer. It is the lion. A male lion weighs from 350 to 400 pounds. A few weigh up to 500 pounds. Most males are about nine feet long. That's from tip of nose to tip of tail. Most are about three-and-a-half feet tall. That is at the shoulders. Females are smaller. They weigh 250 to 300 pounds. They are about eight feet long. Lions live 20 to 25 years in a zoo. How long in the jungle? No one knows.

Lions are powerful. The power is in the shoulders and forelegs. Each paw has long, sharp claws. These claws hook into prey. The lion's weight drags down the prey. Then the four long canine teeth go to work. The teeth fasten onto the throat. The lion has no chewing type teeth. So it uses its canine teeth. They rip the flesh into chunks. Then the chunks are swallowed whole.

Lions live in groups. The groups are called prides. A pride will have one to three adult males, several females, and cubs. Life within a pride is peaceful. Lions usually spend about 20 hours a day sleeping or resting. After a big meal, they may rest for 24 hours.

Lions prefer large prey. They hunt zebra, antelope, and buffalo. All these animals can run faster than the lion. So how does the lion catch them? Answer: by surprise. The lion creeps as close as possible first. Then it jumps. Lions often hunt at night. At night their eyes can see in the dark. Also, they can creep up closer to surprise their prey. A killed animal is dragged to a shady spot. (One lion can drag a 600 pound zebra. It would take six men to do the same.) Then the whole pride eats together. A male can eat about 75 pounds of meat in one meal. What a meal!

Main Idea **1**

	Answer	Score
Mark the *main idea*	M	15
Mark the statement that is *too broad*	B	5
Mark the statement that is *too narrow*	N	5

a. The lion is known as the King of Beasts. ☐ ____

b. Lions have long, powerful claws. ☐ ____

c. Lions are powerful animals that are good hunters. ☐ ____

Score 15 points for each correct answer. **Score**

Subject Matter **2** This passage is mostly about
- ☐ a. animals in the cat family.
- ☐ b. how lions' bodies are designed for eating and hunting.
- ☐ c. the way lions eat their food without chewing.
- ☐ d. the differences between male and female lions. ____

Supporting Details **3** The lion hunts its prey by
- ☐ a. using its speed.
- ☐ b. creeping up on them.
- ☐ c. only hunting at night.
- ☐ d. hunting with the pride. ____

Conclusion **4** We can conclude from this passage that
- ☐ a. the lion is the "king" because of its size.
- ☐ b. lions never sleep during the day.
- ☐ c. one zebra could feed a pride.
- ☐ d. female lions work harder than male lions. ____

Clarifying Devices **5** The writer tells how the lion's teeth "rip flesh into chunks" in order to
- ☐ a. explain how powerful its teeth are.
- ☐ b. scare the reader.
- ☐ c. contrast the lion with the cat.
- ☐ d. show why lions hunt at night. ____

Vocabulary in Context **6** In this passage fasten means
- ☐ a. pull.
- ☐ b. snap.
- ☐ c. attach.
- ☐ d. lock. ____

Add your scores for questions 1–6. Enter the total here and on the graph on page 211. **Total Score** ____

LIVEWORKSHEETS

2 The Staff of Life

When hungry, what do you think of? Some want a thick steak. Others want a crusty loaf of French bread. I don't know about you. But I'd vote for bread. It is food that people never tire of.

Bread is a baked product made of dough. In our day, yeast is what makes it rise. The yeast ferments. It forms gas bubbles. These bubbles are trapped in the dough. These bubbles raise the bread. They give it lightness.

We know about early breads. Records show they were flat, heavy slabs. The breads were made of wild seeds, nuts, or acorns. Native Americans on the Pacific slopes still pound acorns into a form of flour. Then they make bread. Even yeast would not make such a heavy bread light.

Besides yeast, what makes bread rise? First, a flour with protein in it. Wheat or rye are often used. Start by grinding the seeds. This makes a coarse flour. Next, add water. How much water? About 60 to 65 percent of the flour's weight. Water added to flour forms gluten. Gluten must be there for the dough to rise. It forms a network throughout the dough. The dough is now elastic. It can expand. It can now hold the bubbles formed by yeast. These bubbles are carbon dioxide.

Good, smooth, light bread is rather recent. Two techniques made it possible. First, it used to be that wheat was ground between 2 stones. The stones would wear away. So the flour would have grit in it. A Swiss inventor crushed wheat between steel rollers. This got rid of grit. Second, Charles Fleischmann made yeast easy to use. He formed it into cakes. This was in 1915.

Fresh bread and butter. You can't beat it.

Main Idea **1**

	Answer	Score
Mark the *main idea*	M	15
Mark the statement that is *too broad*	B	5
Mark the statement that is *too narrow*	N	5

a. Early breads were made from wild seeds or nuts. ☐ ____

b. For many years people have made, baked, and eaten bread. ☐ ____

c. Bread has been around for a long time, but the process for making it has changed. ☐ ____

		Score 15 points for each correct answer.	Score
Subject Matter	**2**	What is the main subject of this passage? ☐ a. baking bread ☐ b. bread ingredients ☐ c. making bread ☐ d. rising dough	____
Supporting Details	**3**	To make bread one needs ☐ a. yeast. ☐ b. flour. ☐ c. wheat. ☐ d. seeds.	____
Conclusion	**4**	You can figure out from this passage ☐ a. bread has been enjoyed for many years. ☐ b. the techniques for making bread have not changed. ☐ c. bread cannot be enjoyed without butter. ☐ d. without bread we could not live.	____
Clarifying Devices	**5**	The author uses a process to explain how ☐ a. Indians made flour. ☐ b. to grind wheat. ☐ c. to make smooth loaves. ☐ d. bread rises.	____
Vocabulary in Context	**6**	In this passage the word techniques means ☐ a. plans. ☐ b. methods. ☐ c. problems. ☐ d. answers.	____

Add your scores for questions 1–6. Enter the total here and on the graph on page 211. **Total Score** ____

LIVEWORKSHEETS

3 Getting a Good Night's Sleep

Good sleep is needed for good health. During sleep, your body repairs itself. Your immune system is built up. Don't shortchange yourself of the sleep you need. Here are some of an expert's tips for getting a good night's sleep.

1. Make sure your room is dark. Pull down the shades. Let no light of any kind in.

2. Before you go to sleep, ask your family not to turn on a light. Light breaks the sleep rhythm. Once broken, it's hard to get the sleep clock running right. As a result, you will not sleep well. You will wake up tired.

3. A hot bath just before bed is good. It makes you relax. You are at peace. This starts the desire for sleep.

4. During the day, get some exercise. Even a mild program will show good results. How about a good long walk? This will get your body to work. You will find that toward evening you will get that nice, tired feeling. Sleep then will come easily. Added to this, exercise is good for your health.

5. Here is what to do when you get up. Open the shades or blinds. Let the sun in. Open the windows. Let the fresh air in. This sun and air get imprinted on your brain. The rhythm of being awake gets started. Your body clock is set for the day. That clock will let you know when it is the right time to go to sleep.

Main Idea **1**

	Answer	Score
Mark the *main idea*	M	15
Mark the statement that is *too broad*	B	5
Mark the statement that is *too narrow*	N	5

a. Good sleep is all that is needed to be healthy. ☐ ____

b. Light breaks the sleep pattern and stops sound sleep. ☐ ____

c. To get good sleep and stay healthy follow five important steps. ☐ ____

Score 15 points for each correct answer. **Score**

Subject Matter **2** This passage focuses on
- ☐ a. a study of sleep patterns.
- ☐ b. good health.
- ☐ c. rules and steps.
- ☐ d. how to get good sleep. ____

Supporting Details **3** To get good sleep you need
- ☐ a. warm sheets.
- ☐ b. a soft bed.
- ☐ c. a dark room.
- ☐ d. fresh air. ____

Conclusion **4** The passage suggests that it is important to
- ☐ a. not go to bed too early.
- ☐ b. get sleepy before you go to bed.
- ☐ c. get up early in the morning.
- ☐ d. exercise before you go to sleep. ____

Clarifying Devices **5** In the first paragraph, the phrase "shortchange yourself" means that you
- ☐ a. need not have a lot of change or money to sleep well.
- ☐ b. cannot follow the steps.
- ☐ c. cheat yourself.
- ☐ d. should look at yourself. ____

Vocabulary in Context **6** In this passage program means
- ☐ a. a television show.
- ☐ b. plan.
- ☐ c. list of speakers at a meeting.
- ☐ d. something that runs on a computer. ____

Add your scores for questions 1–6. Enter the total here and on the graph on page 211. **Total Score** ____

LIVEWORKSHEETS

4 The Longest Trail

Listen carefully. Don't answer too quickly. At least, don't say "yes" too soon. A friend might ask, "Want to take a hike?" You should say, "Where?" If he replies, "The entire Appalachian Trail," take warning. Here's why.

The trail is the longest marked footpath in the world. It starts at Springer Mountain, Georgia. It winds along the crest of the mountains. It goes through 14 states. It ends at Mt. Katahdin, Maine. As the crow flies, this is about 2,200 miles. But when walked, the trail is 2,600 miles. If done nonstop, it takes about six months.

Most hikers begin from Springer Mountain. They start around April 1. This is why. The snow has probably melted in the south. But there may still be snow in the north. By the time they reach Maine, the snow will be long gone. What's the chance of making it nonstop? Here are the data. About 1,500 attempt it each year. About 300 make it. It is a great challenge.

Careful planning is necessary. There are problems to solve. The biggest is weight on one's back. Too many hikers start out with too much. Wise ones don't carry food. They send packages to post offices along the way. There are no camp fires allowed. Some shelters are near the path. But the trail is crowded. It is hard to find space. A perfect tent is necessary. And it rains a lot. Great rain gear is needed. It should be light.

Benton MacKaye founded the trail. The first part was cut in 1922. It is cared for by volunteers in each state. Do you plan to go? Read lots of books by people who've done it.

Main Idea

1

	Answer	Score
Mark the *main idea*	M	15
Mark the statement that is *too broad*	B	5
Mark the statement that is *too narrow*	N	5

a. Hiking the entire Appalachian Trail takes about six months. ☐ ____

b. There are many long trails for hiking. ☐ ____

c. It is a challenge to hike the Appalachian Trail. ☐ ____

Score

Score 15 points for each correct answer.

Subject Matter

2 The focus of this passage is
- ☐ a. hiking trails.
- ☐ b. the longest trails in the world.
- ☐ c. dangers of hiking in the Appalachian Mountains.
- ☐ d. hiking the Appalachian Trail. ____

Supporting Details

3 To hike the Appalachian Trail one must
- ☐ a. bring many books.
- ☐ b. plan ahead.
- ☐ c. wear heavy clothing. ____
- ☐ d. have a strong mule.

Conclusion

4 The author of this passage
- ☐ a. has hiked the entire trail many times.
- ☐ b. has volunteered to maintain the trail.
- ☐ c. admires those who enjoy hiking.
- ☐ d. thinks hiking the trail is difficult but rewarding. ____

Clarifying Devices

5 The phrase "As the crow flies" is used to refer to the trail's
- ☐ a. distance.
- ☐ b. height.
- ☐ c. view.
- ☐ d. difficulty. ____

Vocabulary in Context

6 The word data means
- ☐ a. untrue stories.
- ☐ b. volunteers.
- ☐ c. pieces of information.
- ☐ d. distances. ____

Add your scores for questions 1–6. Enter the total here and on the graph on page 211. **Total Score** ____

LIVEWORKSHEETS