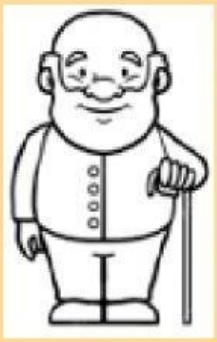
READING TEST – UNIT 8

3rd GRADE

Name:	Date: / /
Teacher:	Section:

Eat healthy, be healthy



Carlos is a 70 years old man and he is a healthy person. He mentions that he always includes healthy habits in his life. When he was young, he ate lot of vegetables and he drank lots of water to be healthy. He didn't ride his bike to school, but he got enough exercise and got lots of sleep to keep his body strong. He went running in the park and played soccer with his friends. Now, he can not run in the park but he continues eating healthy food.



Michael is a young busy boy. He always studies a lot and he doesn't have enough time to eat healthy and do sports. Yesterday, for example, he ate a big burger with fries, and drank lots of soda for dinner. Then, he did his homework all night, so he didn't get enough sleep. Michael wants to have a healthy life, so he has decided to eat more healthy food and get more exercise like go running and ride a bike to school.

LIVEWORKSHEETS

Innova Schools

I. **Read and circle the correct option. Then, write the line NUMber where the evidence is.**

1. **Who is Carlos?**

   a. He is a young man.

   b. He is an old man.

   c. He is a boy.

   Evidence:
   Line_____

2. **What activities did Carlos do to keep his body strong?**

   a. He rode his bike to school.

   b. He got enough exercise and sleep.

   c. He is a healthy person.

   Evidence:
   Line_____

3. **What did Michael have for dinner?**

   a. He had a burger and drank some soda.

   b. He ate fries and burgers.

   c. He had a big burger with fries and drank lots of soda.

   Evidence:
   Line_____

4. **Why didn't Michael get enough sleep?**

   a. Because he did his homework all night.

   b. Because he ate a big burger with fries.

   c. Because he wants to have more energy.

   Evidence:
   Line_____

LIVEWORKSHEETS

Innova Schools

II. Read and circle the correct name.

1.	He has a healthy routine.	**Carlos**	**Michael**
2.	He has lots of things to do.	**Carlos**	**Michael**
3.	He got some hours of sleep.	**Carlos**	**Michael**
4.	He had a bike, but he didn't use it to go to school.	**Carlos**	**Michael**

III. Write TRUE or FALSE.

1. The text has three paragraphs. _____

2. There is a topic sentence in each paragraph. _____

3. There aren't supporting details. _____

4. The text has a title. _____

LIVEWORKSHEETS