Name _____ Date _____

# USING A TABLE OF CONTENTS

The Table of Contents in a book lists the title, number and page numbers of all the chapters in a content book. They can be used to find information quickly.

**USE THE TABLE OF CONTENTS BELOW TO ANSWER THE QUESTIONS:**

**YOUR HEALTH AND YOU**


| | |
|---|---|
| 1. About Your Body and How it works | 18-36 |
| 2. Eating Healthy Foods For Health | 37-59 |
| 3. Safety and You | 60-75 |
| 4. Guarding Against Disease | 76-92 |
| 5. Health and Our World | 93-108 |
| 6. Exercise and Health | 109-123 |


1. How many chapters are in this book?

a. 5 b. 6

c. 3 d. none of these

2. What is the title of the third chapter?

a. Exercise and Health
b. Health and Our World
c. Safety and You
d. none of these

3. What pages can you find information about how to guard against disease?

a. 109-123
b. 60-75
c. 37-59
d. 76-92

4. What chapter has information on how your body works?

a. chapter 3
b. chapter 6
c. chapter 1
d. chapter 5

5. In which chapter will you be on the middle page of the book?

a. Chapter 1
c. chapter 3
b. chapter 4
d. chapter 6

**The following questions are based on the Table of Contents above. Please ensure you answer in a complete sentence.**

1. How many chapters come before page 93?

_____

2. Which chapter has information on the types of food one should eat to be healthy?

_____

3. Which chapter has the most pages?

_____

4. Which chapter has the least pages?

_____

5. Danny has finished reading exactly half of the chapter on Health and Our World. How many more pages does he have to read for him to finish the book?

_____