

READING EXAM

February

5th Grade

Read pages 97 and 98 on your Student's Book, and choose the correct answer to the following questions. Write only **the letter** of your choice in the space provided.

1. Tissues, organs, and our systems are made of...

- a) fiber
- b) cells
- c) proteins

2. The nutrients in the food provide us with...

- a) fuel
- b) blood
- c) oxygen

3. We get energy from...

- a) carbohydrates
- b) fiber
- c) oxygen

4. Meat, fish, and nuts are high in...

- a) fat
- b) carbohydrates
- c) protein

5. Fat is a good source of...

- a) carbohydrates
- b) protein
- c) energy

6. Only _____ of our daily calories should come from fat.

- a) 35-45%
- b) 20-35%

c) 10-25%

7. Vitamins and minerals protect us from...

a) the weather

b) disease

c) the light

8. _____ keeps our digestive system healthy.

a) Fiber

b) Disease

c) Fat

9. We lose _____ from our bodies all the time.

a) vitamins and minerals

b) water

c) fat

10. _____ gives us a healthy heart and lungs and strong muscles.

a) Sleeping between 9 and 11 hours every night

b) Eating healthy food

c) An hour of aerobic exercise a day

11. Climbing a tree...

a) is a relaxing activity

b) is a strength-training activity

c) is a stretching activity

12. Stretching and doing gymnastics...

a) are relaxing activities

b) are strength-training activities

c) are stretching activities

13. Endorphins...

a) bring oxygen to our muscles

b) help us feel happy and full of energy

c) make our muscles, skin, and bones grow

14. While you sleep...

a) our muscles, skin and bones grow

b) our muscles become more flexible

c) our muscles become stronger

15. Our brain _____ while we sleep.

a) sleeps

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b) works

c) relaxes