

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