

3rd Grade - Reading Comprehension Worksheet
Unit 8: "Healthy Habits"



I. Read the text again and circle the correct option. Then write the evidence line.

1. Who has a healthy life?

- A. The girl.
- B. The girl's mom
- C. The girl and her mom

2. What time did they have breakfast?

- a) At 6 o'clock.
- b) At 7 o'clock.
- c) At 8 o'clock.

3. Did the mom get exercise at the gym?

- a) Yes, she did.
- b) No, she didn't.

4. According to the text, this can be the possible breakfast the girl and her mom had:

- a) Hamburger, chips and soda.
- b) Cheese sandwich, an apple and milk.

5. What can we say about the girl's healthy life?

- a) She believes she has good habits.
- b) She believes she has to eat more healthy food.
- c) She believes she needs to exercise more.