

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**DIRECTIONS** Read the text. Answer the questions.

**SCORE**

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2. 😊 😊

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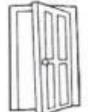
Total

Most colds are passed by germs on hands. Wash your hands with soap and water. You can use special hand wipes that kill germs, too.

**1.** What is a good way to get rid of cold germs?

- (A) putting your hands in your pockets
- (B) washing your hands a lot
- (C) staying in the house a lot

**3.** Which picture shows a word that has the same middle sound as *soap*?

- (A) 
- (B) 
- (C) 

**2.** How do you get most cold germs?

- (A) from germs on your hands
- (B) by getting wet and cold
- (C) from too much water

**4.** What does *special hand wipes* mean?

- (A) things made for cleaning your hands
- (B) cloths made for scrubbing things
- (C) things made for cleaning your face

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**DIRECTIONS**

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Are you going to sneeze? Do not cover a sneeze with your hands. Use a tissue and toss it in the trash. Or sneeze into your elbow.

SCORE

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Total

1. Why should you **not** sneeze into your hands?

- (A) Your hands can make you sicker.
- (B) You can pass the germs with your hands.
- (C) You can stop the germs with your hands.

3. Which is the correct spelling for  ?

- (A) elbow
- (B) lbow
- (C) elbo

2. What should you do if you do not have a tissue?

- (A) Sneeze into one hand.
- (B) Turn your head.
- (C) Sneeze into your elbow.

4. Where should you toss a tissue?

- (A) in the trash
- (B) on the ground
- (C) out the door

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## Fight Back!

You can help your body fight cold germs. Do not eat a lot of junk food. Eat good foods like fruit and vegetables. Do not have drinks with lots of sugar. Drink lots of water instead. Do not be a couch potato! Get out and take a walk.



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**DIRECTIONS** Read "Fight Back!" Answer the questions.

		<u>SCORE</u>
<p><b>1.</b> Why should you want to fight cold germs?</p> <p>(A) Getting a cold keeps you busy.</p> <p>(B) Getting a cold is better than the flu.</p> <p>(C) Getting a cold makes you feel bad.</p>	<p><b>3.</b> Why should you take a walk?</p> <p>(A) It helps you stay strong.</p> <p>(B) It helps you catch a cold.</p> <p>(C) It helps you eat more food.</p>	<p>1. 😊 😊</p> <p>2. 😊 😊</p> <p>3. 😊 😊</p> <p>4. 😊 😊</p> <p>____ / 4</p> <p><b>Total</b></p>
<p><b>2.</b> Which would be good food choices to stay healthy?</p> <p>(A) chips and cookies</p> <p>(B) bananas and water</p> <p>(C) potatoes and fruit punch</p>	<p><b>4.</b> What is the main idea?</p> <p>(A) You should stay in bed if you get a cold.</p> <p>(B) You can help yourself fight colds.</p> <p>(C) You should see a doctor if you get a cold.</p>	