

Read the selection and choose the best answer to each question.

from "Why Fitness Matters"

by girlshealth.gov

- 1 Exercise is an important part of a lifetime of good health! Exercising is also fun and is something you can do with friends. Regular exercise provides both mental and physical health benefits.

What is physical fitness?

- 2 Physical fitness is a condition or state of being that helps you look, feel, and do your best. It is the ability to do tasks full of energy, and still be able to do other things with your time, such as schoolwork and activities with family and friends. It is a basis for good health and well-being. Fitness involves performance of the heart and lungs, and the muscles of the body. Fitness can also influence how alert you are and how you feel emotionally.

Mental health benefits of exercise

- 3 One of the great things about exercise is that it can improve your mental health. Regular exercise can help you feel less stressed, can improve your self-esteem, and can help you to feel ready to learn in school. Kids who exercise may also have reduced symptoms of anxiety and depression.
- 4 Exercise can also improve your overall mood. Did you have an argument with a friend? Or did you do poorly on a test? A workout at the gym or a brisk 30-minute walk will make your brain produce chemicals that will make you happier and more relaxed than before you started working out.
- 5 What if you're having trouble sleeping? Again, it's exercise to the rescue! Regular exercise can help you fall asleep faster and help you sleep deeper. A good night's sleep can improve your concentration and productivity in school the next day.

Physical health benefits of exercise

- 6 Another great thing about exercise is that it can keep your body healthy. Kids who exercise often have a healthier body weight than kids who don't exercise. Exercise makes your bones solid, improves your heart and lungs, and makes your muscles strong.



- 7 Exercise can also affect specific diseases that affect adolescents and teens. New research shows that teens who exercise regularly (about 60 minutes of brisk exercise each day) burn more calories and use blood sugar more efficiently than teens who don't exercise. This could protect you from developing type 2 diabetes.
- 8 Why should this concern you? Well, in recent years, a lot of health problems that doctors saw only in adults are now seen in young people. For example, 15 years ago type 2 diabetes was rare among adolescents, but now it accounts for almost 50 percent of new cases of diabetes in young people. In fact, type 2 diabetes used to be called 'adult-onset diabetes,' but the name was changed because so many young people were developing the disease.
- 9 Here is something else to consider: children and adolescents who are overweight are more likely to become adults who are overweight. If you start good habits (like daily exercise) when you are young, you will be likely to continue them when you're older.
- 10 New research shows that exercise during the teen years (beginning at age 12) can help protect girls from breast cancer when they are older. Also, regular physical activity can help prevent colon cancer later in your life.

Get moving!

- 11 The more time you spend in front of the television or playing video games, the less time you have to be active. Not being active is called sedentary (say: sed-untair-ee). Leading a sedentary lifestyle can cause weight gain and even obesity (dangerously high weight), which can lead to type 2 diabetes, high cholesterol levels, and high blood pressure. These three health issues can hurt your heart and make it easier for you to get certain diseases. Make physical activity a regular part of your life. It can help you protect your health! Obesity can also hurt your self-esteem, too.

Use "Why Fitness Matters" to answer questions 1-6.

1. In paragraphs 7 and 8, the author includes specific information about type 2 diabetes in order to –
 - A. add credibility to the argument that exercise improves mental health.
 - B. give an example of how exercise can help prevent a specific disease.
 - C. show support for the researchers who study exercise and its effect on all kinds of diseases.
 - D. explain that in the past type 2 diabetes would only affect adults

2. What does the author's inclusion of paragraph 11 reveal about him or her?
 - A. the author realizes that many teens spend a lot of time watching TV and playing video games.
 - B. The author does not think teens care about protecting their health.
 - C. The author wants teens to know the definition of sedentary and obesity.
 - D. the author understands that teens might not care about diabetes, cholesterol, or high blood pressure.

3. The primary method the author uses to express his or her message is to –
 - A. describe the ways the reader can implement an exercise plan.
 - B. discuss the advantages and disadvantages of exercising at a young age.
 - C. relate research findings about the impact of daily exercise on diseases.
 - D. highlight the benefits of exercise through examples of its impact on several aspects of a person's health.

4. The word influence comes from the Latin word *influere*, which means “to flow in.” What does influence mean in paragraph 2?

- A. affect
- B. contain
- C. weaken
- D. impress

5. Paragraphs 3 & 4 help support the author’s argument by –

- A. suggesting that 30 minutes of exercise is enough to counteract depression
- B. explaining that exercise improves mental health and mood
- C. indicating the benefits of exercise on test taking
- D. showing how exercise affects the brain

6. Read this sentence from paragraph 6.

Another great thing about exercise is that it can keep your body healthy.

Which fact from the selection best supports this claim?

- A. Kids who exercise may also have reduced symptoms of anxiety and depression.
- B. A good night’s sleep can improve your concentration and productivity in school the next day.
- C. Exercise can also improve your overall mood.
- D. Also, regular physical activity can help prevent colon cancer later in life.

READING PRACTICE

Read the selection and choose the best answer to each question. Then fill in the answer on your answer document.

Kids, You're Too Smart to Skip Breakfast

by Casey Seidenberg

- 1 Dear teenagers who skip breakfast . . . please stop! Studies report that about 25 percent of U.S. teens deem the first meal of the day unnecessary. I live with one of you, so I have heard your reasons. And I respect them, truly I do.
- 2 First of all, you are tired. I mean, really, really tired. Too tired to eat, in fact. You are growing like a weed, your homework and extracurricular activities are endless, and your internal clock is shifting—so you naturally stay up later. When you are so fatigued in the morning, the idea of eating breakfast is unappealing. You genuinely are not hungry, and some of you might actually feel nauseated.
- 3 Many of you choose to model yourself after your parents, who chug coffee, and coffee alone, in the morning. It's not your fault; you thought they knew best.
- 4 Others think you can maintain or lose weight by skipping breakfast.
- 5 I understand this reasoning; I was a teenager once. But could you please take a few minutes to hear me out? Because skipping breakfast potentially positions you to gain weight, lower your test scores and develop heart disease. Yes; seriously.

Brain Power

- 6 Test scores of children who do not eat breakfast are generally lower than those who eat a well-balanced meal. Children who eat breakfast show improved academic performance, longer attention spans, greater attendance and decreased hyperactivity in school. So if you find yourself unable to focus in a class, think back to what you ate that morning. The reality might be that your teacher isn't so boring after all.

Growth

- 7 You are growing at lightning speed, and your brain and body are built out of the foods you choose to consume.
- 8 And eating breakfast has a proven relationship to what those foods are. Studies show that kids who do not eat a nutritious breakfast tend to eat more junk food during the day, whereas children who eat breakfast have better overall diets that include more vegetables, fruits and other good foods. Four out of five children do not get enough vitamins and minerals from lunch and dinner alone (especially iron, which is important for energy and blood health). They need the nutrients from a nutritious breakfast to properly grow.
- 9 Kids, look at it this way: You get only one shot at this childhood growth thing, so don't mess it up.

Name _____

Date _____

Mood

10 Skipping breakfast can make you tired, irritable and restless. The word "hangry" didn't secure a spot in the dictionary for no reason; it is a legitimate sensation.

Disease prevention

11 Breakfast is more important to your body than any other meal, because the time between dinner and breakfast tends to be the longest. Eating within two hours of waking can positively affect how your body metabolizes glucose, therefore stabilizing your blood sugar for the day. Stabilized blood sugar contributes to steady energy, fewer crashes and cravings, and a smaller chance of developing heart disease, obesity and diabetes.

Weight

12 Breakfast eaters tend to be more active throughout the day and less likely to be obese, so perhaps skipping breakfast, and wreaking havoc with your blood sugar, isn't such a great tactic to lose weight.

Coffee

13 Coffee is not breakfast, no matter what your parents claim. Adult brains are better than children's at adapting to lack of food and other stressors, so your parents might be able to muddle through on a caffeine high, but you really can't.

14 Go ahead, roll your eyes and tell me you've heard it all before, but I know you are smarter than our culture sometimes gives your age group credit for. So please humor me, and try some of these tactics to squeeze in a bite before school:

- Stock your fridge with to-go breakfast options, such as Greek yogurt, low-sugar granola bars, hard-boiled eggs, trail mix, peanut butter and banana sandwiches, fruit or beef jerky.
- Pack a breakfast to enjoy later in the morning, after your ride to school or your first period, when your hunger has had a chance to strike.
- Sip a smoothie—cold liquid might be more appealing and more refreshing when you are too tired to chew.
- Plan the next day's breakfast the night before so you don't waste any brain power on it in the morning. Ask your parents to help have it at the ready.
- Go to bed 30 minutes earlier, so you aren't as tired in the morning.
- Get up 10 minutes earlier, so your body has more time to wake up and become hungry.

Use "Kids, You're Too Smart to Skip Breakfast" to answer questions 7-12.

7. In order to persuade the audience, the author's title and arguments are mostly appealing to the reader's sense of —

- A. fear
- B. logic
- C. pride
- D. ambition

8. How does the author support the claim that eating breakfast improves academic performance?

- A. By explaining that test scores of children who do not eat breakfast are generally lower than those who eat a well-balanced meal
- B. By explaining that she was a teenager once and understands why teenagers sometimes don't want to eat breakfast
- C. By explaining that teenagers who eat breakfast in the morning are less likely to feel nauseous
- D. By explaining that what you eat in the morning might be directly related to weight gain and heart disease

9. The Latin word *hyper*, meaning "over" or "above," helps the reader understand that hyperactivity in paragraph 6 means —

- A. beyond normal stimulation
- B. beyond normal energy levels
- C. beyond normal boredom
- D. beyond normal attention span

10. The organization of paragraphs 6 through 14 contributes to the author's main idea by —

- A. listing suggestions of ways to fit in breakfast in the mornings
- B. listing the ways that one person ate as a teenager
- C. listing counterarguments about not eating breakfast before refuting them
- D. listing the many benefits one can gain from eating breakfast

11. The author most likely included the bulleted list at the end of the selection because —

- A. the author thinks that fitting in breakfast takes a lot of work for teenagers
- B. the author thinks that today's parents are to blame for teenagers not eating breakfast in the morning
- C. the author thinks that teenagers should try making a few small changes to their breakfast routines
- D. the author thinks that today's teenagers are too lazy to fit in a simple breakfast

12. What is paragraph 8 mainly about?

- A. Eating junk food is bad for your health and leads to less intake of vegetables and fruits.
- B. Eating three meals a day and having a balanced diet is essential to one's overall health.
- C. Eating breakfast ensures that kids get the amount of nutrients necessary for growth.
- D. Eating foods that contain iron is important for energy and blood health.

Use "Why Fitness Matters" and "Kids, You're Too Smart to Skip Breakfast" to answer questions 13-14.

13. The authors of both selections would most likely agree that --
- A. physical and mental health begins with a healthy diet.
 - B. choices that you make as a kid can impact your health in the future.
 - C. teens today don't aren't concerned about their health.
 - D. adults need to do more to ensure that kids are healthy for both their present and their future.
14. One difference between "Why Fitness Matters" and "Kids, You're Too Smart to Skip Breakfast" is that only "Why Fitness Matters" provides information about --
- A. academic benefits
 - B. changes in mood.
 - C. weight gain and obesity.
 - D. the benefits of sleep.

Enter your answers in Google Classroom.