
Reading Passage Section 4: Comprehension Check**Part A: True or False**

Directions: Read each sentence and decide if it is true or false. Mark an X under *True* or *False*. Share your answers with a partner. Correct the false sentences.

- | | True | False |
|--|-------------|--------------|
| 1. You have to do 30 minutes of physical activity at one time to help you stay healthy. | _____ | _____ |
| 2. All moderate physical activity is the same. For example, walking stairs for 15 minutes 3 days a week is the same physical activity as walking quickly for 15 minutes 3 days a week. | _____ | _____ |
| 3. You can wear any comfortable clothing while doing physical activity. | _____ | _____ |
| 4. Sports are the only kind of physical activity that helps you stay healthy. | _____ | _____ |
| 5. You should set up a plan for physical activity. | _____ | _____ |
| 6. It's okay to start doing physical activity if you have a serious health problem. | _____ | _____ |
| 7. It's good to feel pain during or after physical activity. | _____ | _____ |
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Part B: Multiple Choice

Directions: Circle the correct answer for each of the following questions. Share your answers with a partner.

8. Preventive care includes which of the following?

- (a) getting regular checkups
- (b) doing healthy physical activity
- (c) making good health decisions
- (d) all of the above

9. Healthy physical activity does which of the following?

- (a) makes you eat more
- (b) helps to lower stress
- (c) helps make you taller
- (d) all of the above

10. Fill in the blank. Health professionals say you should have _____ or more of moderate physical activity most days.

- (a) 15 minutes
- (b) 1 hour
- (c) 30 minutes
- (d) 45 minutes

11. Which of the following places have free or low-cost activities?

- (a) health club
- (b) community centers
- (c) gym
- (d) all of the above

12. Which of the following statements about physical activity are true?

- (a) You can do activities in your home.
- (b) You need special equipment.
- (c) You need to buy special clothes.
- (d) all of the above

13. Moderate physical activity can be _____.

- (a) cardiovascular activities
 - (b) strength training
 - (c) resistance training
 - (d) all of the above
-

Part C: Fill-In

Directions: Fill in the correct answers. Be prepared to discuss the answers with your class.

14. List four (4) ways that physical activity can help you stay healthy.

1. _____
2. _____
3. _____
4. _____

15. Moderate physical activity requires three things. What are they?

- a. _____
- b. _____
- c. _____

16. List three (3) free or low-cost moderate physical activities.

1. _____
2. _____
3. _____

17. Define the two (2) types of moderate physical activity.

- cardiovascular activities: _____

- strength/resistance activities: _____

Reading Passage Section 4: Comprehension Check Answer Key**Part A: True or False**

Directions: Read each sentence and decide if it is true or false. Mark an X under *True* or *False*. Share your answers with a partner. Correct the false sentences.

	True	False
1. You have to do 30 minutes of physical activity at one time to help you stay healthy.	_____	_____ X _____
2. All moderate physical activity is the same. For example, walking stairs for 15 minutes 3 days a week is the same physical activity as walking quickly for 15 minutes 3 days a week.	_____	_____ X _____
3. You can wear any comfortable clothing while doing physical activity.	_____ X _____	_____
4. Sports are the only kind of physical activity that helps you stay healthy.	_____	_____ X _____
5. You should set up a plan for physical activity.	_____ X _____	_____
6. It's okay to start doing physical activity if you have a serious health problem.	_____	_____ X _____
7. It's good to feel pain during or after physical activity.	_____	_____ X _____

Part B: Multiple Choice

Directions: Circle the correct answer for each of the following questions. Share your answers with a partner.

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- (a) getting regular checkups
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- (d)* all of the above**

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-

Part C: Fill-In

Directions: Fill in the correct answers. Share your answers with a partner.

14. List four (4) ways that physical activity can help you stay healthy.

makes your heart, bones and joints strong.
controls your weight
lowers your stress
sleep better
reduces the risk of diseases

15. Moderate physical activity requires three things. What are they?

how hard you are working when you do the activity
how long you do the activity
how often you do the activity

16. List three (3) free or low-cost moderate physical activities.

lift weights using food cans
walk instead of drive
run outside

17. Define the two (2) types of moderate physical activity.

- cardiovascular activities: *make your heart work harder*
 - strength/resistance activities: *use your body or weights to make your muscles stronger*
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