

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. | _____ | _____ |

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: _____

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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.

8. Preventive care includes which of the following?

- (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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