

Name _____

Read the selection. Then answer the questions that follow.

Strong Mind, Strong Body

Exercising keeps your body strong and your mind sharp. When you run around on the playground or play tag with your friends, not only are you having fun, but you are also improving your body and mind.

Exercise helps your heart stay strong by making it beat faster, and a strong heart will do a better job of getting oxygen to all parts of your body. To make your heart beat faster, try swimming or jumping rope or doing almost anything that works up a sweat. You do not need to buy anything special.

Exercise builds strong muscles and bones. To make your muscles stronger you have to do powerful things, like swinging across the monkey bars at school or lifting heavy things. These exercises will also help build strong bones.

Exercise helps you bend and stretch your body comfortably, which is important when you want to move your arms and legs without hurting them. If you cannot touch your toes, you need to exercise. Try dancing or tumbling to help your body stretch easily.

Exercise makes you feel good about yourself. When you can run and jump, you feel strong and proud of yourself. Your body also releases special chemicals called endorphins that actually make you feel happy.

Exercise helps your brain too. Some people think that exercising helps the blood (and oxygen) flow to your brain so you can think better and pay attention longer.

No matter what kind of exercise you do, it is important that you get moving every day to be healthy and happy.

Turn the page.

Answer the questions below.

1 What is this selection about?

- muscles
- exercise
- your brain
- feeling good

2 What is the main idea of this selection?

- Playing games is better than doing other exercises.
- Stretching is important in exercising.
- Exercise makes you smarter.
- Exercise keeps your mind and body healthy.

3 Which detail does not support the idea that exercise is good for you?

- Exercise helps your heart stay strong.
- Exercise builds strong muscles and bones.
- When you can run and jump you feel strong and proud.
- You do not need to buy anything special to exercise.

4 What is the main idea of paragraph five?

- Running and jumping make you strong.
- People are happy when they run and jump.
- Being healthy gives you a good feeling about yourself.
- Endorphins are chemicals that make you feel happy.

5 Why does exercise help you pay attention longer?

Name: _____

Multiple-Step Problems

- a. Uncle Ben has 440 chickens on his farm. 39 are roosters and the rest are hens. 15 of his hens do not lay eggs. The rest lay eggs. How many egg-laying hens does Uncle Ben have on his farm?

- b. Aunt May milks her Holstein cows twice a day. This morning she got 365 gallons of milk. This evening she got 380 gallons. She sold 612 gallons to the local ice cream factory. How many gallon of milk does she have left?

- c. Mr. Parker has 982 pounds of grain. He feeds 240 pounds to his pigs and 460 to his cows. How much grain does he have left?

- d. Peter has four horses. Each one eats 4 pounds of oats, twice a day. How many pounds of oats does he need to feed his horses for 3 days?
