

- 1 Paragraph 6 is mainly about how walking —
- A lifts your mood
 - B helps you lose weight
 - C wears out your clothing
 - D improves bone strength
- 2 What is one idea presented throughout the passage?
- F Walking is very helpful to your health.
 - G Walking is hard on your body.
 - H Walking makes you tired.
 - J Walking is fun for all.
- 3 The author organizes this passage by —
- A explaining the effects of walking on the brain and body
 - B describing how he convinced his dad to take walks
 - C listing the equipment needed for walking around the block
 - D telling a sequence of actions needed for a daily walk
- 4 By the end of the passage, the reader can tell that Dad —
- F is not as fast as his son at walking
 - G likes to swim, run, and ride, too
 - H will probably continue to walk daily for his health
 - J will stop walking now that he is feeling better

- 5 Which is the best summary of this passage?
- A Walking every day with my dad has helped both of us sleep better. Now I can pay attention better, and Dad has stopped snoring.
 - B Daily walks with my dad have given us stronger hearts, lungs, bones, and muscles. Walking helps us sleep, brightens our mood, and keeps us fit.
 - C Walking around the block is good for your health. Walking around the block even more times will help you lose weight.
 - D A walk around the block is a sport similar to swimming, running, and riding. All these activities help your lungs and heart.