

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Water



Lakes, streams, ponds, rivers, oceans. Water is everywhere. Did you know that there is more water than land on Earth?

There are two kinds of water. One is fresh water, like the water in rivers, lakes and streams. Rain and snow are also forms of fresh water. People, plants, and most

animals need this fresh water to live.

The other kind of water is salt water like the water found in the ocean. People should not drink the water found in oceans; it will make us very sick. Most sea animals however, need the salt water. Fresh water will make them sick. Without water there would be no life on Earth.

1 Snow becomes fresh water when it

- melts in a stream
- falls into the ocean
- is found near a river
- drifts near a lake

3 Which of these is true?

- People can drink ocean water.
- Sea animals can drink pond water.
- People can drink fresh water.
- Sea animals can drink lake water.

2 Why shouldn't people drink salt water?

- Salt water is full of sea animals.
- Salt water will probably make us sick.
- Salt water should be saved for sea animals.
- Salt water is needed to water plants.

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## How to Stay Healthy

There are many things that you can do to keep your body healthy. First of all you can exercise. Riding a bike or running are great ways to exercise. Exercise helps to make your muscles grow strong.



Another thing that you can do is eat the right food. Be sure to have plenty of fruits and vegetables. Not only are they good for you, but they taste good too.

Finally, make sure that you get enough rest each night. If you go to sleep too late, your body will not get the rest it needs. A healthy person exercises, eats the right foods and gets plenty of rest.



4

This story is mostly about

- eating the right food
- getting plenty of rest
- exercising every day
- keeping your body healthy

5

Which of these is true?

- Exercise makes you sleep late.
- Fruits and vegetables do not taste good.
- Muscles grow strong from exercise.
- All you have to do to be healthy is eat fruit.

## Answer Key

### SAT Standard

Draw conclusions from details

Extract implicit theme or main idea

Form hypotheses from ideas in text

### SSS Benchmark

LAA211: Determines the main idea or essential message from a text and identifies supporting information. (Draw conclusions from text.)

LAA213: Reads for information to use in performing a task and learning a new task. (Uses technical/functional text to gain information.)

LAA211: Determines the main idea or essential message from a text and identifies supporting information. (Identifies the main idea.)

LAA211: Determines the main idea or essential message from a text and identifies supporting information. (Draw conclusions from text.)  
LAA213: Reads for information to use in performing a task and learning a new task. (Uses technical/functional text to gain information.)

### Waters

1. melts in a stream.
2. Salt water will probably make us sick.
3. People can drink fresh water.

### How to Stay Healthy

4. keeping your body healthy
5. Muscles grow strong from exercise.