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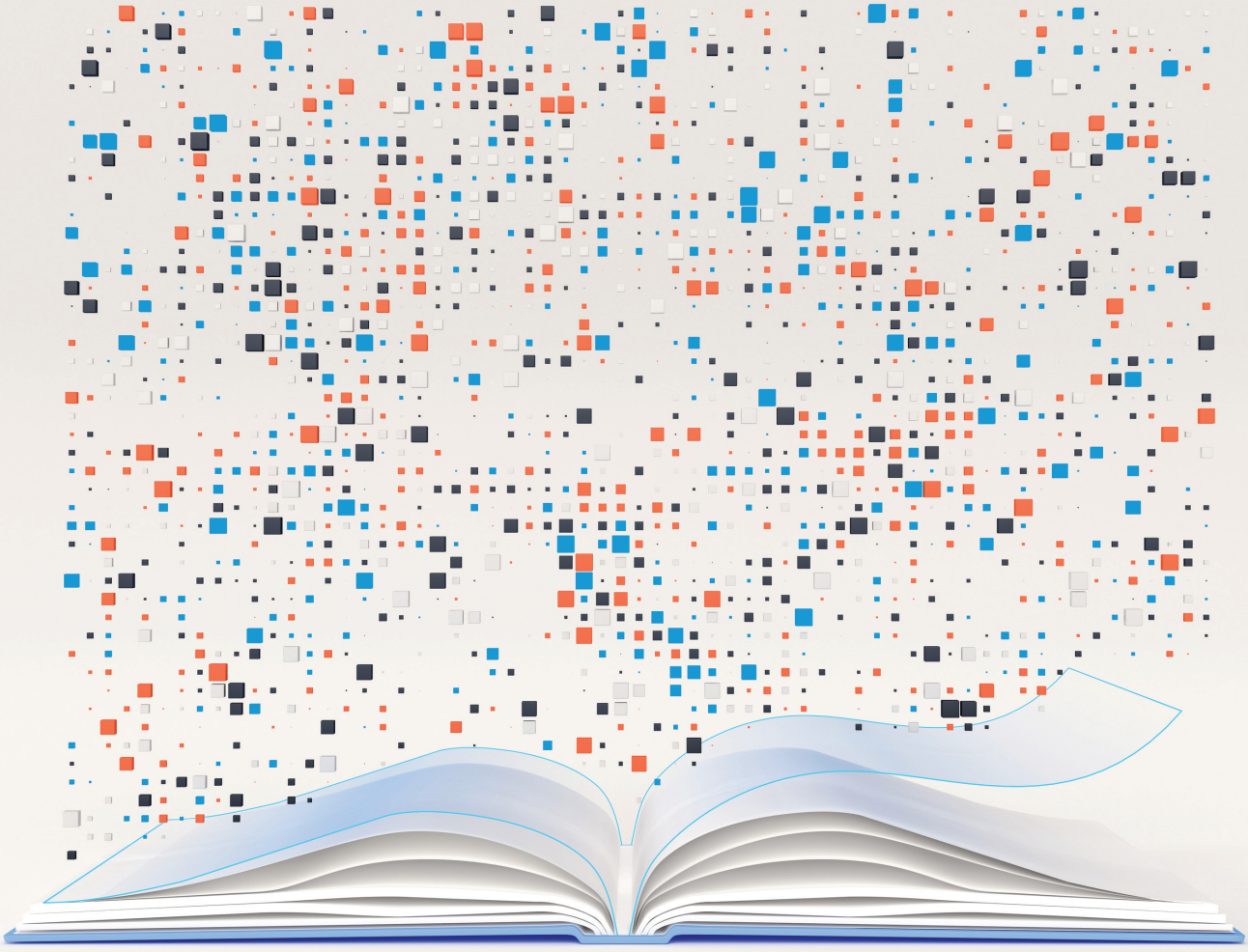
Reading

Level C

Sampler

A Tutor™ for CASAS Reading GOALS 2 Workbook



- Companion workbook to *A Tutor™ for CASAS Reading GOALS 2 Student Edition*
- Additional practice items aligned to CASAS Reading GOALS 2 and CCRS

Aztec Paxen Publishing

Reading

A Tutor™ for CASAS GOALS 2 Workbook

Level C

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About CASAS Reading GOALS 2

The CASAS Reading GOALS 2 tests measure vocabulary skills, and reading comprehension skills. The reading passages are relevant to adult lives and reflect real-world and work-related themes. Passages may include forms, charts, tables, graphs, texts, signs, ads, labels, and diagrams that address real-life or workplace topics. Test items are multiple-choice with four answer options. Reading passages may have multiple items.

The CASAS Reading GOALS 2 tests align with the College and Career Readiness (CCR) Reading Standards for Adult Education and the CASAS Competencies.

CASAS Reading GOALS 2 Level C Blueprint

Level C Content Areas	Percentage of Coverage	CCR Standard
Vocabulary	17%	RI 4
Details	28%	RI 1 RI 5 RI 9
Main Idea	28%	RI 2 RI 6
Inference	12%	RI 1
Point of View and Supporting Evidence	15%	RI 6 RI 8

CCR Standard Reading Strand Key

RI 1: Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.

RI 2: Determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.

RI 4: Interpret words and phrases as they are used in a text, including determining technical, connotative, and figurative meanings, and analyze how specific word choices shape meaning or tone.

RI 5: Analyze the structure of texts, including how specific sentences, paragraphs, and larger portions of the text (e.g., a section, chapter, scene, or stanza) relate to each other and the whole.

RI 6: Assess how point of view or purpose shapes the content and style of a text.

RI 8: Delineate and evaluate the argument and specific claims in a text, including the validity of the reasoning as well as the relevance and sufficiency of the evidence.

RI 9: Analyze how two or more texts address similar themes or topics in order to build knowledge or to compare the approaches the authors take.

Using *A Tutor™ for CASAS Reading GOALS 2 Workbook*

A Tutor™ for CASAS Reading GOALS 2 Level C: Workbook is designed to be used hand-in-hand with the *A Tutor™ for CASAS Reading GOALS 2 Level C: Student Edition.* The student editions include instruction and practice for the College and Career Readiness (CCR) Standards assessed on the CASAS GOALS 2 tests.

Practice Sets

A Tutor™ for CASAS Reading GOALS 2 Level C: Workbook includes practice sets for each lesson in *A Tutor™ for CASAS Reading GOALS 2 Level C: Student Edition*. Each practice set provides additional items similar to those found on the CASAS Reading GOALS 2 Level C.

- Use the practice sets after completing the corresponding student edition lesson if you feel you need additional practice.
- Use the practice sets after completing the unit reviews in the student edition for areas that need review and improvement.

Unit Reviews

A Tutor™ for CASAS GOALS 2 Level C: Workbook unit reviews allow you to check your understanding of the skills presented in each unit. Use the corresponding Unit Review Analysis Charts on pages 91–95 to identify strengths and weaknesses. These charts will help you determine if you need to go back to any of the lessons before continuing.

Answers and Explanations

A Tutor™ for CASAS Reading GOALS 2 Level C: Workbook includes explanations for the correct answers to all items. After completing a practice set or unit review, check your answers on pages 80–90. For each item answered incorrectly, read the provided explanation to help you rework the item to obtain the correct answer.

Test-Taking Tips

- Read the directions very carefully, even if you think you know the correct answer.
- Answer all of the questions. If you cannot find the right answer, rule out the answers that you know are wrong. Then try to figure out the right answer. If you still do not know, make your best guess.
- If you cannot figure out the answer on the paper-and-pencil test, put a light mark by the question number on the answer sheet and come back to it later. Erase your marks before you finish. If you cannot figure out the answer on the online test, flag the item for review.
- Do not change an answer unless you are sure your first answer is wrong. Usually, your first idea is the correct answer.
- If you get nervous, stop for a while. Take a few breaths and relax. Then start working again.

Practice 1 Words and Phrases in Special Contexts

5.RI.4

Read the self-assessment worksheet. Then answer the questions.

Self-Assessment

Consider the personal characteristics listed below. Think about who you are now and not who you would like to become in the future. You can match the working conditions of occupations to your identified characteristics. This exercise can also help you plan how to develop these characteristics for your future.

- Write a *Y* for **YES** if you feel you have this characteristic now.
- Write a *W* for **WANT**, if you would like to have this characteristic.
- Leave a blank space if you do not have or want the characteristic.

Personal Characteristics	
organized	
work unsupervised	
manage stress	
cheerful	
assertive, or sure of yourself	
manual dexterity, or skill in using your hands	
heroic or daring	
practical	

From the characteristics you have now, list the two you feel are most important. Describe how you have used each one in a job.

1. _____

2. _____

1 Which word has a meaning similar to that of the word characteristics?

A. habits **B.** traits
C. numbers **D.** tricks

2 The word conditions has multiple meanings. Which of the following *best* fits the context of the worksheet?

A. the environment in which people work
B. to significantly control the outcome
C. the requirements for something to occur
D. to prepare an item for a different state

3 Which word has a similar meaning to the word assertive?

A. anxious **B.** uneasy
C. consistent **D.** self-confident

4 Which of the following words is the *best* academic word to replace heroic in the worksheet?

A. reckless
B. epic
C. risky
D. courageous

Read the article. Then answer the questions.

When looking at the Nutrition Facts label, first take a look at the number of servings in the package (servings per container) and the serving size. Serving sizes are treated in a consistent manner to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, for example, the number of grams (g). The serving size reflects the amount that people typically eat or drink. **It is not a recommendation of how much you should eat or drink.**

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 160mg	**7**%
Total Carbohydrate 37g	**12**%
Dietary Fiber 4g	**16**%
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Adapted from fda.gov article, "How to Understand and Use the Nutrition Facts Label"

5 Which of the following words is the *best* replacement for the phrase treated in a consistent manner in the article?

A. identical
B. organized
C. standardized
D. equal

6 Which word in the article helps you understand the meaning of the word units?

A. "grams" **B.** "serving"
C. "metric" **D.** "label"

7 The word reflects has multiple meanings. Which of the following *best* fits the context of the article?

A. represents appropriately
B. shows an image
C. thinks carefully about
D. brings about a bad image

8 In the last sentence of the article, what is the meaning of the word recommendation?

A. a conversation about a topic
B. a suggestion to do something
C. an endorsement of someone
D. a notification of a transaction

Read the weather report. Then answer the questions.

The possibility of more tornadoes into Friday across the six central states has weather forecasters advising residents to take extra precautions and be prepared for weather later tonight and tomorrow. This advisory was made after a series of storms pounded the region throughout the day on Thursday, leaving a trail of uprooted trees and damaged buildings. No injuries were reported.

Severe but scattered thunderstorms are predicted in portions of eastern Oklahoma according to the National Weather Service. All severe storms could produce high winds and hail. The biggest overnight threat of tornadoes will be in central Iowa, but the entire region may experience severe weather later in the day.

The Weather Service advises residents in the region to be on high alert throughout the night. They recommend making sure your weather radio's battery is replaced or that you turn up the volume on your cell phone to hear emergency alerts during the night. Look over emergency escape plans with all members of your household.

9 Which word has a meaning similar to that of the word central in the first paragraph?

A. main

B. crucial

C. middle

D. intermediate

10 What is the meaning of the word precautions in the first paragraph?

A. warnings after an event

B. warnings before an event

C. safety measures taken after an event

D. safety measures taken before an event

11 Which word from the report means "area"?

A. "central"

B. "region"

C. "entire"

D. "series"

12 The word portions in the second paragraph has multiple meanings. Which of the following *best* fits the context of the report?

A. a share of a gift

B. a section of the country

C. a person's amount of fortune

D. an amount of served food

13 The word severe in the second paragraph has multiple meanings. Which of the following *best* fits the context of the report?

A. strict when disciplining

B. strongly critical of something

C. holding to a high standard of behavior

D. posing risks to life or property

14 Which of the following words is the *best* replacement for the phrase look over in the third paragraph of the report?

A. inspect

B. assess

C. review

D. refine

Read the agreement. Then answer the questions.

Electronic Device and Internet Use Agreement

The school district allows students to use the district's technology or personal technology to access the Internet when obeying this agreement. This is a privilege. This agreement must be signed in order to use the Internet. Breaking the terms of this agreement may lead to detention, expulsion, or legal action.

1. The user agrees that he or she will use the Internet for educational purposes only. All federal and state laws and guidelines will be obeyed.
2. If the user violates this agreement and misuses the Internet, he or she will be subject to disciplinary action.
3. Misuse of the Internet includes but is not restricted to the following:
   a. Using the Internet for noneducational activities
   b. Hacking
   c. Participating in unauthorized chats
   d. Using rude language in emails or using the Internet for bullying
   e. Destroying other people's data
   f. Invading other people's privacy
   g. Providing personal information on public sites
   h. Using the Internet for financial gain

Student Name: _____

Student Signature: _____ Date: _____

PARENT/GUARDIAN SIGNATURE REQUIRED IF STUDENT IS UNDER 18:

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

15 Which of the following domain-specific words is the *best* replacement for breaking in the agreement?

A. violating
B. prohibiting
C. disturbing
D. failing

16 Which of the following academic words is the *best* replacement for rude in the agreement?

A. coarse
B. shameful
C. inappropriate
D. abusive

17 What is the meaning of the word privacy as used in the agreement?

A. state of being concealed
B. being isolated from others
C. freedom from unauthorized sharing of personal information
D. freedom from being disturbed by others while studying

18 Which of the following would be considered personal information?

A. the day of the week
B. one's opinion on election results
C. a unique identification number
D. the number of bus routes

Practice 4 Identify Main Idea

4.RI.2, 6.RI.2

Read the article. Then answer the questions.

Cholesterol: The Good, the Bad, and Our Body

1 The body needs cholesterol. It is necessary to produce hormones, build healthy cells, and generate vitamin D. The production of bile, a digestive fluid needed to break down fat, depends on cholesterol. Cholesterol attaches to proteins as it is carried by blood through the body. This grouping of cholesterol and proteins is called "lipoproteins." There are two types of cholesterol, which are commonly referred to as "good" and "bad." The "good" cholesterol, or HDL (high-density lipoprotein), brings excess cholesterol back to the liver, where it is broken down. The "bad" cholesterol, or LDL (low-density lipoprotein), moves cholesterol to where it is needed in the body. However, a high amount of LDL cholesterol in the blood poses a health risk.

2 High levels of LDL cholesterol increase the risk of heart disease. This fatty substance can collect on the walls of blood vessels, causing arteries to become narrow. This makes it difficult for blood to flow through the arteries. If these fatty deposits break, they can form a clot and cause a heart attack.

3 There are underlying causes and risk factors associated with high cholesterol. An unhealthy diet, one that includes fatty and processed foods, can raise cholesterol levels. Consuming high-cholesterol foods, such as red meat and high-fat dairy products, can also be harmful. A lack of exercise can also result in high cholesterol levels. Other risk factors that can contribute to high cholesterol include smoking, obesity, diabetes, and family history.

Nutrition Facts

4 serving per box

Serving size **1 cup (80g)**

Amount per serving

Calories **170**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 120mg	**6%**
Total Carbohydrate 33g	**12%**
Dietary Fiber 3g	**18%**
Total Sugars 21g	
Includes 12g Added Sugars	**24%**
Protein 2g	

Calcium 130mg 10%	Vit. C 9mg 10%
Iron 6mg 34%	Potas. 420mg 8%

* The % Dairy Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4 High cholesterol can be prevented. Regular exercise supports the production of good cholesterol and gets rid of the bad cholesterol. It is best to avoid smoking and to drink alcohol in moderation. Maintaining a healthy weight lowers the risk of many health conditions, including high cholesterol. Most importantly, a healthy diet full of fruits, vegetables, whole grains, and beans is beneficial.

5 It is important for people to be aware of how much cholesterol they are consuming. Nutrition facts listed on food labels let people know how much cholesterol is in their food. For example, the food item shown below has zero cholesterol. This awareness leads to healthy lifestyle choices.

1 What is the topic of the article?

A. saturated fats

B. healthy diets

C. cholesterol

D. nutrition facts

2 What is the main idea of paragraph 1?

A. HDL (high-density lipoprotein) is considered "good" cholesterol.

B. The liver breaks down excess cholesterol.

C. There is a higher risk of heart disease when cholesterol is high.

D. Cholesterol is essential for the body.

3 Read this sentence from paragraph 1: <u>The production of bile, a digestive fluid needed to break down fat, depends on cholesterol.</u> How does this sentence support the main idea of paragraph 1?

A. It gives information about good cholesterol.

B. It gives information about why the body needs cholesterol.

C. It gives information about high cholesterol levels.

D. It gives information about how to prevent high cholesterol.

4 Which of these sentences states the main idea of paragraph 2?

A. Cholesterol can build up in arteries.

B. Eating fatty foods is a risk factor for high cholesterol.

C. High levels of LDL cholesterol cause heart disease.

D. High cholesterol can be treated.

5 Which detail from the article *best* supports the main idea of paragraph 2?

A. Arteries become narrow when LDL cholesterol builds up in the blood vessels.

B. LDL cholesterol carries cholesterol to parts of the body that needs it.

C. High cholesterol is caused by an unhealthy diet and lack of exercise.

D. It helps to know how much cholesterol is in food.

6 Which of these *best* supports the main idea of paragraph 3?

A. LDL cholesterol moves cholesterol to where it is needed in the body.

B. An unhealthy diet can raise cholesterol levels.

C. It is important to avoid smoking and to drink alcohol in moderation.

D. Nutrition Facts labels let people know how much cholesterol is in their food.

7 Which of these *best* summarizes the main ideas of paragraphs 2 and 3?

A. High cholesterol raises the risk of heart disease and is influenced by certain risk factors.

B. The body needs cholesterol, but too much of it in the blood is a health risk.

C. Even though there are risk factors, high cholesterol can be prevented.

D. Reading Nutrition Facts labels and exercising can help prevent high cholesterol.

8 The main idea of paragraph 4 is that _____.

A. high cholesterol helps the body make cells

B. high cholesterol is a health risk

C. high cholesterol can be treated

D. high cholesterol is preventable

9 The author uses the the Nutrition Facts label to _____.

A. tell how much total fat is in this food

B. give information about trans fat, which can raise your bad cholesterol levels and lower your good cholesterol levels

C. illustrate how high cholesterol can be prevented

D. demonstrate how people can find out how much cholesterol is in a packaged food

Read the job performance review. Then answer the questions.

Best Marketing Co.

Employee Name: Raneen El-Haddid **Title:** Graphic Designer

Supervisor Name: Ana Xie **Title:** Art Director

Review Date: June 20, 2026

Section 1: Job Responsibilities

Graphic designers are mainly responsible for creating layout and design concepts for digital and print publications. They develop visual elements, including logos, images, and illustrations. Duties include creating designs and digital illustrations, photo editing, reviewing designs, and making changes to meet clients' recommendations.

Required Skills	Needs Improvement	Meets Requirements	Exceeds Requirements
Knowledge/Skill Set	☐	☒	☐
Quality of Work	☐	☐	☒
Productivity	☐	☒	☐
Dependability	☒	☐	☐
Teamwork	☐	☐	☒
Attitude	☐	☒	☐
Leadership	☐	☐	☒

Section 2: Strengths

Raneen has a talent for creating innovative visual elements. She has developed several original logo designs for some high-profile clients. Her out-of-the-box thinking fuels the creative flow at concept meetings.

Raneen's natural ability to work with others in a positive and diplomatic way is a real asset. She has worked with her team to create unique layout designs. She has a knack for motivating her team to step up its game under tight deadlines.

Section 3: Areas for Improvement

Raneen's dependability has been an issue lately. She has taken a lot of days off in the middle of busy projects. In doing so, she has missed several production meetings where her input was needed. I am hopeful that her attendance will become more reliable going forward.

Section 4: Goals Moving Forward

Raneen has great potential for advancement in the company. Between her success on various projects and her ability to inspire creativity in others, the prospect of moving up to Senior Graphic Designer is a real goal for her. To achieve this goal, she needs to focus on being more reliable and consistent.

10 What is the main idea of Section 1?

A. Graphic designers are talented.

B. Graphic designers create layout and design concepts for publications.

C. Graphic designers create logos and illustrations.

D. Graphic designers edit photos.

11 Which detail *best* supports the main idea of Section 1?

A. Raneen has created original designs for important clients.

B. Raneen and her team created unique designs.

C. Graphic designers develop logos and illustrations.

D. Graphic designers inspire creativity in others.

12 Based on the rating Raneen received for leadership, she *most likely* _____.

A. needs to work on being a stronger leader

B. can lead a team but does not excel at it

C. goes above and beyond to lead her team

D. is not a good leader

13 What is the *best* way to summarize the information in Section 2?

A. Raneen creates innovative designs and works well with others.

B. Raneen makes great layout designs but does not work well with others.

C. Raneen creates unique designs but is not reliable.

D. Raneen works well with others but has not been dependable.

14 What information from the "Required Skills" chart supports the main idea of Section 3?

A. the rating for quality of work

B. the rating for attitude

C. the rating for teamwork

D. the rating for dependability

15 Read these sentences: She has taken a lot of days off in the middle of busy projects. In doing so, she has missed several production meetings where her input was needed. How do these sentences support the main idea of Section 3?

A. by giving a specific example of what Raneen can do to be more dependable

B. by giving a specific example of how Raneen has not been dependable

C. by giving a specific example of what Raneen can do to be on time to work

D. by giving a specific example of how Raneen can be more innovative

16 What is the main idea of Section 4?

A. Raneen is innovative.

B. Raneen works well with her team.

C. Raneen needs to be more reliable.

D. Raneen has a chance to be promoted.

Practice 9 Make Inferences and Draw Conclusions

4.RI.1, 5.RI.1, 7.RI.1

Read the safety manual. Then answer the questions.

The Occupational Safety and Health Administration (OSHA) is a government agency focused on keeping workers in the workplace safe. This section of the OSHA safety manual establishes the requirement that employers provide workers with the correct safety equipment. Personal protective equipment (PPE) is equipment worn to minimize exposure to hazards that can cause serious workplace injuries and illnesses. These injuries and illnesses may result from contact with chemical, radiological, electrical, mechanical, or other workplace hazards. PPE may include gloves, safety glasses and shoes, earplugs or muffs, hard hats, respirators, coveralls, vests, or full body suits.

All PPE should be safely designed and constructed and should be maintained in a clean and reliable fashion. It should fit comfortably, encouraging worker use. If the PPE does not fit properly, it can make the difference between being safely covered or dangerously exposed. Employers are also required to train each worker required to use PPE to know:

- When it is necessary
- What kind is necessary
- How to properly put it on, adjust it, wear it, and take it off

If PPE is used, a comprehensive program should be created to monitor the use of PPE. The program should address the kinds of hazards present in the workplace and include training in the selection, maintenance, and use of the appropriate type of PPE.

Adapted from the www.osha.gov/article "Personal Protective Equipment"

1 In some workplaces, PPE is needed _____.

A. to minimize exposure to potential hazards

B. to help the worker perform their work easily

C. to select the appropriate equipment for the work

D. to address hazards through monitoring and training

2 Read this sentence from the second paragraph: It should fit comfortably, encouraging worker use. From this sentence, you can infer that _____.

A. if employees are not monitored, they will not use the PPE

B. if employees could choose, they would only wear comfortable PPE

C. if the PPE is too comfortable, employees will not be careful while working

D. if the PPE is not comfortable, workers are unlikely to use it

3 What inference can be made about the requirement for monitoring of the PPE program?

A. Some workers will not be required to wear PPE in their positions.

B. The correct use PPE is important for worker safety.

C. All jobs require some type of PPE.

D. An employer will need to hire an additional person to monitor PPE use.

4 What conclusion can you draw based on this section of the safety manual?

A. It is up to the employee to make sure the company is keeping him or her safe.

B. Companies are responsible for following OSHA guidelines and regulations.

C. The government created this program to create more cost and little benefit.

D. Both employees and employers need to purchase PPE.

Read the directions. Then answer the questions.

Booking Your Doctor's Appointment

1. Look at your calendar and check for conflicts before making an appointment. Remember, we have limited availability, so if you cannot make your appointment, there might be someone else who could use that time.

2. We will call, email, or text you to confirm the appointment. Reply as soon as you receive the message. If you cannot make the appointment, use that opportunity to change the date and time. Not responding to our message does not automatically cancel the appointment.

3. We understand that conflicts can arise at the last minute. We will do our best to reschedule you for a more convenient time. You just need to call and reschedule. If you become aware of a conflict with a booked appointment, please call to cancel or reschedule as soon as possible. We often have patients on wait lists. Always call to reschedule rather than doing so by text or email. Please read our cancellation, late arrival, and no-show policies and fee schedules.

4. Show up for your appointment on time. Always give yourself an extra five or ten minutes. If you realize you will not make the appointment on time, call as soon as possible. Do not wait until you are supposed to be there. Make sure you have the number accessible in order to call on your cell phone.

5. Do not be a no-show. You are taking away another patient's opportunity to have a needed appointment, and you will be charged a fee. Refer to our no-show policy and fee schedules.

5 According to the directions, which of the following is a good practice when scheduling a medical appointment?

A. Arrive 5 to 10 minutes prior to your appointment.

B. Notify the office of a sudden emergency.

C. Make an appointment when you know your schedule.

D. Ignore appointment reminders from the doctor.

6 What inference can you make based on the information in step 3?

A. There are many open appointment times for patients.

B. The office calls patients on wait lists when an appointment time becomes available due to a cancellation.

C. The office regularly checks email for cancellation messages.

D. The office charges cancellation fees for same-day cancellations.

7 Based on your prior experience, why might it be important to give yourself extra time to get to an appointment?

A. to find a parking space

B. to check your calendar for conflicts

C. to schedule future appointments

D. to put the office number in the cell phone

8 What conclusion can you draw after reading the directions?

A. This practice has had many patients who have been late or a no-show.

B. This practice has software that sends out appointment reminders.

C. Many patients do not know the office hours.

D. Many patients complain about the office's cancellation and no-show policies.

Read the article. Then answer the questions.

Get Moving

1 Do you tend to sit inside and watch television? If you do, you will be missing one thing your body needs—exercise. Our bodies are simply not meant to sit around all day, but it is exactly what many people do. They sit in cars, buses, or subways to get to school or work. Then they sit most of the day at a desk. Then they relax by sitting on the couch and watching television. This type of sedentary lifestyle has been linked to numerous health issues such as obesity, diabetes, heart disease, and high cholesterol and blood pressure. Getting and staying healthy requires not only eating nutritionally balanced meals but also exercising.

2 Many adults go to gyms to help them get the exercise they need. Children can stay active in other ways. They can participate in sports or play outside. A study has shown that you can get the exercise you need by doing everyday activities such as walking the dog. These tasks cause you to walk, stretch, pull, or lift your body. That gives you the movement you need to keep your muscles strong and your body in shape.

3 Research shows that there is a relationship between the amount of exercise that people engage in and their fitness level. Positive exercise habits can provide a lifetime of good health. Exercise helps keep you at a healthy weight. It also gives you more energy and lowers your blood pressure. There would be fewer instances of diabetes and heart disease if more people exercised.

4 Aerobic exercise is especially good for the body. It keeps the heart in shape. Movements such as running, biking, or swimming get you breathing harder and help increase your heart rate. This makes your heart pump faster so that more oxygen can be moved throughout your body. This type of activity also helps keep you at a healthy weight.

5 Another type of exercise that is good for the body is strength exercise. This involves lifting weights. It can also involve doing something that causes resistance, or a push, against your muscles. This causes the body's muscles to get stronger.

6 Perhaps you are thinking that you are too busy to exercise. Or perhaps it is too hard to fit exercise into your full schedule. How much TV do you watch? According to recent studies, people spend about 3 hours a day watching television. The amount of time you need to exercise to get the benefits is about 2.5 hours per week, depending how vigorous the exercise is. Do both aerobic and strengthening activities. Slowly build up the amount of time you do physical activities. The more time you spend, the more health benefits you will gain.

7 Combining good exercise with a good diet can help you stay healthy. A healthy person can avoid many diseases and conditions that make life more difficult. And remember, exercising does not require a gym membership, and it should not be a chore. Incorporate more movement into your day. Choose activities that you enjoy. The more fun you have, the more likely you will stick with exercising.

9 Read this sentence in paragraph 1: This type of sedentary lifestyle has been linked to numerous health issues such as obesity, diabetes, heart disease, and high cholesterol and blood pressure. From this sentence, you can infer that our bodies are meant to be _____.

A. sedentary

B. relaxed

C. driven

D. active

10 Based on the information in paragraph 2, you can infer that _____.

A. the best place for an adult to get exercise is in the gym

B. children get more exercise than adults because they play sports and play outside

C. any activity that involves movement, stretching, or strength can be considered exercise

D. playing a sport to get exercise is not a practical option for adults

11 Read this sentence from paragraph 2: A study has shown that you can get the exercise you need by doing everyday activities such as walking the dog. Based on this example, which activity would *most likely* be considered exercise?

A. mowing the lawn

B. playing a piano

C. folding clothes

D. reading a book

12 Based on the information in paragraph 3, what can you infer will happen if you do not exercise regularly?

A. Your heart will pump faster to move oxygen through your body.

B. Your body will not be in good shape.

C. You will get diabetes and heart disease.

D. You will watch too much television.

13 Which statement would the author of this article *most likely* agree with?

A. You can substitute TV time for exercise time, or exercise while you watch television.

B. You should spend all your time doing aerobic exercises.

C. If you cannot exercise for at least 30 minutes, do not bother.

D. Kick start your exercise routine by running a mile.

14 Why does the author tell readers to choose activities they enjoy?

A. Because if they do, they will stick to their exercise plan.

B. Because if they do, they will not need to join a gym.

C. Because if they do, they will have an easier life.

D. Because if they do, they will be more likely to eat better.

15 Based on the information in this article, you can conclude that _____.

A. it is more important to focus on aerobic exercise

B. exercise is more important than a healthy diet

C. a good exercise program should take up to three hours a day

D. the best exercise routine involves both aerobic exercise and strength exercise