

Passage 1: The Human Body

Grade 4 Human Body Reading Comprehension

1

The human body is an amazing system made up of many parts that work together every day. Each part has a special job that helps you live, grow, and stay healthy. Your body allows you to move, breathe, think, eat, and play. Even while you are sleeping, your body continues working to keep you alive. Scientists study the human body to understand how its different parts work together and help people stay healthy.



The human body is made up of several body systems.

The skeletal system gives your body shape and protects important organs. The muscular system works with your bones to help you move. Your brain and nerves send messages throughout your body. Your heart pumps blood, your lungs bring oxygen into your body, and your digestive system changes food into nutrients that give you energy. Every system has an important job to do.

All of the body systems work together like members of a team. If one system does not work properly, other systems may also be affected. Healthy habits such as eating nutritious foods, exercising regularly, drinking enough water, and getting enough sleep help every body system work well. Learning about the human body helps people make healthy choices and take better care of themselves.

Name : Date:

Passage 1: The Human Body

Grade 4 Human Body Reading Comprehension

Multiple Choice

1. What is the main idea of the passage?

- A. The brain is the most important body part.
- B. Body systems work together to keep us healthy.
- C. Muscles are stronger than bones.
- D. Healthy food is the only thing the body needs.

2. What gives your body shape and protects important organs?

- A. the skeletal system
- B. the muscular system
- C. the nervous system
- D. the digestive system

3. Which body system changes food into nutrients?

- A. the circulatory system
- B. the respiratory system
- C. the nervous system
- D. the digestive system

4. Why is it important for body systems to work together?

- A. To help people become taller.
- B. To make muscles larger.
- C. To help scientists study the body.
- D. To keep the body healthy.

5. Which healthy habit is mentioned in the passage?

- A. Sleeping only a few hours each night.
- B. Eating only one kind of food.
- C. Exercising regularly.
- D. Watching television every day.

Name : Date:

Vocabulary

Choose the best meaning of the underlined word.

6. The skeletal system protects important organs.

- A. hard bones
- B. body parts with special jobs
- C. groups of muscles
- D. tiny blood cells

7. The digestive system changes food into nutrients.

- A. water used for drinking
- B. air needed for breathing
- C. energy made by muscles
- D. helpful substances in food

8. Healthy habits help every body system work well.

- A. body parts
- B. medical treatments
- C. healthy daily actions
- D. weather conditions

Name : Date:.....

Passage 1: The Human Body

Grade 4 Human Body Reading Comprehension

Text Evidence

9. Which sentence from the passage explains why healthy habits are important?

Short Response

10. Explain one way healthy habits help your body.

Passage 1: The Human Body

Grade 4 Human Body Reading Comprehension

Answer Key

Multiple Choice

1. B
2. A
3. D
4. D
5. C

Vocabulary

6. B
7. D
8. C

Text Evidence

9. Sample Answer:

"Healthy habits such as eating nutritious foods, exercising regularly, drinking enough water, and getting enough sleep help every body system work well."

Short Response

10. Sample Answer:

Healthy habits help every body system work properly. They keep the body healthy, strong, and ready for daily activities.

Passage 2: The Skeletal System

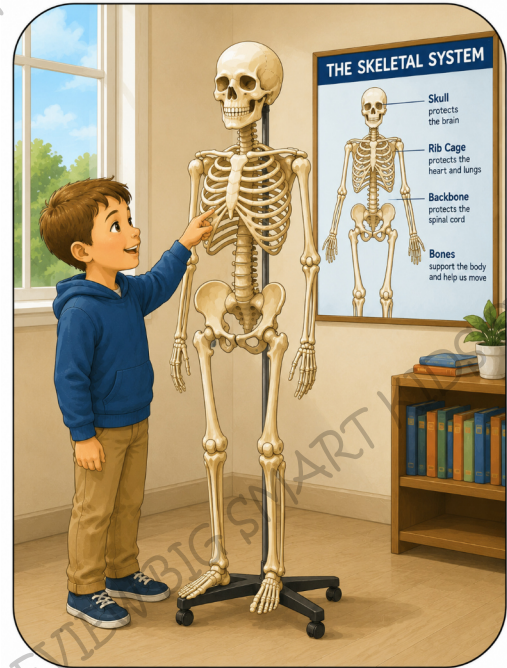
Grade 4 Human Body Reading Comprehension

2

The skeletal system is the framework of the human body. An adult has 206 bones that support the body and give it shape. Bones are strong but lightweight, allowing people to stand, walk, run, and move. Without a skeleton, the human body would not be able to stay upright. Scientists study bones to learn how they grow, heal, and protect the body.

The skeletal system does more than support the body. It protects important organs from injury. For example, the skull protects the brain, the rib cage protects the heart and lungs, and the backbone helps protect the spinal cord. Bones also work together with muscles and joints to make movement possible. Every time you bend your arm, jump, or kick a ball, your bones and muscles work as a team.

Bones are living tissues that can grow and repair themselves after some injuries. Eating foods rich in calcium and vitamin D helps keep bones strong. Regular exercise also helps build healthy bones throughout life. Learning about the skeletal system helps people understand how to protect their bones and stay active.



Name : Date:

Passage 2: The Skeletal System

Grade 4 Human Body Reading Comprehension

Multiple Choice

1. What is the main idea of the passage?

- A. Bones only protect the brain.
- B. Calcium is found in many healthy foods people eat.
- C. The skeletal system supports and protects the body.
- D. Scientists study broken bones and injuries.

2. Which body part protects the brain?

- A. the rib cage
- B. the skull
- C. the backbone
- D. the joints

3. According to the passage, why can people bend, jump, and kick a ball?

- A. Bones are very light.
- B. The heart pumps blood quickly.
- C. The brain controls every movement.
- D. Bones and muscles work together

4. Why is calcium important?

- A. It helps keep bones strong.
- B. It helps people breathe.
- C. It pumps blood around the body.
- D. It protects the lungs.

5. How can people help keep their bones healthy?

- A. Eat healthy foods and exercise regularly.
- B. Sleep fewer hours than your body needs.
- C. Avoid physical activity.
- D. Drink less water.

Name : Date:

Vocabulary

Choose the best meaning of the underlined word.

6. The skeletal system is the framework of the human body.

- A. a soft body tissue
- B. a group of muscles
- C. a body system that makes new blood cells
- D. the supporting structure of something

7. Bones are living tissues.

- A. groups of cells that work together
- B. hard outer shells
- C. body movements
- D. protective coverings around body organs

8. The rib cage protects important organs.

- A. bones that connect joints
- B. muscles that move the body
- C. body parts with special jobs
- D. nutrients in food

Name : Date:

Passage 2: The Skeletal System

Grade 4 Human Body Reading Comprehension

Text Evidence

9. Which sentence from the passage explains how the skeletal system protects the body?

Short Response

10. Explain one way people can keep their bones healthy.

Passage 2: The Skeletal System

Grade 4 Human Body Reading Comprehension

Answer Key

Multiple Choice

1. C
2. B
3. D
4. A
5. A

Vocabulary

6. D
7. A
8. C

Text Evidence

9. Sample Answer:

"For example, the skull protects the brain, the rib cage protects the heart and lungs, and the backbone helps protect the spinal cord."

Short Response

10. Sample Answer:

People can keep their bones healthy by eating foods rich in calcium and vitamin D and exercising regularly.

Passage 3: Muscles

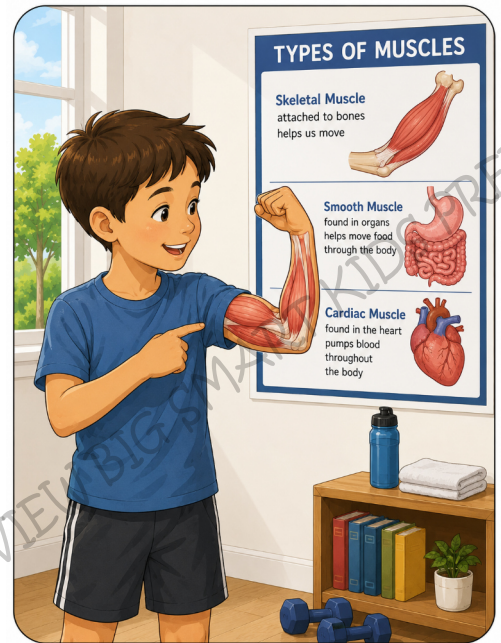
Grade 4 Human Body Reading Comprehension

3

Muscles are an important part of the human body. The human body has more than 600 muscles that help people move every day. Muscles work together with bones and joints to make actions such as walking, running, jumping, and writing possible. Some muscles move when you choose to use them, while others work automatically without you even thinking about them. Scientists study muscles to learn how they help the body function.

There are three main types of muscles. Skeletal muscles are attached to bones and help people move. Smooth muscles are found inside organs such as the stomach and intestines, where they help move food through the digestive system. Cardiac muscle is found only in the heart. It contracts and relaxes continuously to pump blood throughout the body. Every type of muscle has a special job that helps keep the body working properly.

Healthy muscles need regular care to stay strong. Exercise helps build and strengthen muscles, while healthy foods provide the nutrients they need to grow and repair. Getting enough rest is also important because muscles recover after physical activity. Learning about muscles helps people understand how movement happens and why staying active is important.



Name : Date:.....

Passage 3: Muscles

Grade 4 Human Body Reading Comprehension

Multiple Choice

1. What is the main idea of the passage?

- A. The heart contains a special muscle.
- B. Healthy foods help muscles grow.
- C. Muscles help the body move and work.
- D. Scientists study muscles every day.

2. Which type of muscle is found only in the heart?

- A. skeletal muscle
- B. smooth muscle
- C. voluntary muscle
- D. cardiac muscle

3. What do smooth muscles help do?

- A. move bones during exercise
- B. move food through the digestive system
- C. protect important organs
- D. pump blood throughout the entire body

4. Why is exercise important for muscles?

- A. It helps build and strengthen muscles.
- B. It helps bones become lighter.
- C. It replaces damaged organs.
- D. It allows the heart to stop working.

5. According to the passage, what else helps muscles stay healthy?

- A. Sleeping less each night
- B. Avoiding physical activity
- C. Getting enough rest
- D. Drinking sugary drinks

Name : Date:

Vocabulary

Choose the best meaning of the underlined word.

6. Cardiac muscle contracts and relaxes continuously.

- A. becomes softer
- B. grows larger
- C. changes color
- D. becomes shorter by tightening

7. Muscles help the body function.

- A. work properly
- B. grow taller
- C. become heavier
- D. repair broken bones

8. Healthy foods provide important nutrients.

- A. body systems
- B. muscles that help move bones and joints
- C. helpful substances in food
- D. different types of physical exercise

Name : Date:.....

Passage 3: Muscles

Grade 4 Human Body Reading Comprehension

Text Evidence

9. Which sentence from the passage explains the three main types of muscles?

Short Response

10. Explain one way people can keep their muscles healthy.

Passage 3: Muscles

Grade 4 Human Body Reading Comprehension

Answer Key

Multiple Choice

1. C
2. D
3. B
4. A
5. C

Vocabulary

6. D
7. A
8. C

Text Evidence

9. Sample Answer:

"There are three main types of muscles."

(Students may also quote one or more of the following sentences describing skeletal, smooth, or cardiac muscles.)

Short Response

10. Sample Answer:

People can keep their muscles healthy by exercising regularly, eating healthy foods, and getting enough rest.

Passage 4: The Brain

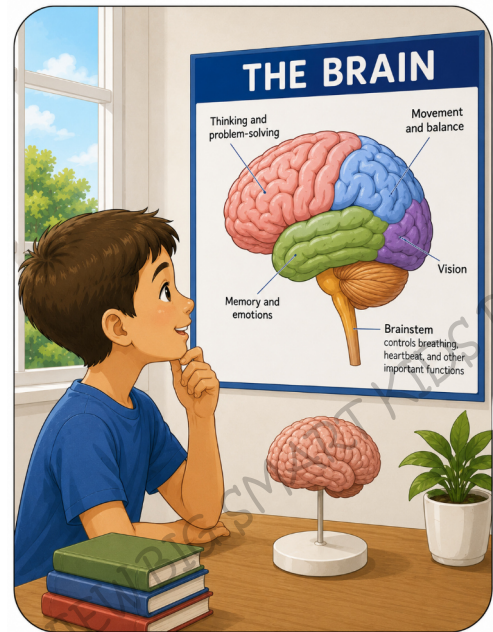
Grade 4 Human Body Reading Comprehension

4

The brain is one of the most important organs in the human body. It is part of the nervous system and acts as the body's control center. The brain receives information from your eyes, ears, nose, skin, and tongue. It also sends messages through nerves to different parts of the body. These messages help you think, learn, remember, move, and react to what is happening around you.

Different parts of the brain have different jobs. Some parts help control movement and balance, while others help with speech, emotions, memory, and problem-solving. Even when you are asleep, your brain continues working. It controls breathing, heartbeat, and many other important body functions without you having to think about them.

Keeping your brain healthy is very important. Eating nutritious foods, exercising regularly, getting enough sleep, and wearing a helmet during activities such as riding a bicycle can help protect your brain. Learning about the brain helps people understand how their body works and why making healthy choices is important.



Name : Date:

Passage 4: The Brain

Grade 4 Human Body Reading Comprehension

Multiple Choice

1. What is the main idea of the passage?
 - A. The brain works only when people are awake.
 - B. The brain controls many important body functions.
 - C. Helmets should always be worn outside.
 - D. Memory is the brain's only job.
2. What does the brain receive from the eyes, ears, nose, skin, and tongue?
 - A. oxygen
 - B. nutrients
 - C. information
 - D. blood
3. According to the passage, what does the brain do while you are sleeping?
 - A. It stops sending messages.
 - B. It stores food for the body.
 - C. It controls breathing and heartbeat.
 - D. It helps your muscles grow.
4. Why is wearing a helmet important?
 - A. It helps people run faster.
 - B. It helps protect the brain.
 - C. It keeps the body warm.
 - D. It strengthens the skull.
5. Which healthy habit is mentioned in the passage?
 - A. Getting enough sleep
 - B. Watching television every day
 - C. Skipping breakfast
 - D. Avoiding regular physical activity.

Name : Date:

Vocabulary

Choose the best meaning of the underlined word.

6. The brain is the body's control center.

- A. the largest organ
- B. a group of nerves
- C. the part that controls the body
- D. a place where blood is stored

7. The brain helps people react to what is happening around them.

- A. respond to something
- B. forget information
- C. stop moving
- D. become tired very quickly

8. The brain controls many body functions.

- A. bones in the body
- B. jobs the body does
- C. healthy foods
- D. types of muscles

Name : Date:.....

Passage 4: The Brain

Grade 4 Human Body Reading Comprehension

Text Evidence

9. Which sentence from the passage explains that the brain keeps working while people are asleep?

Short Response

10. Explain one way people can help keep their brain healthy.

Passage 4: The Brain

Grade 4 Human Body Reading Comprehension

Answer Key

Multiple Choice

1. B
2. C
3. D
4. B
5. A

Vocabulary

6. C
7. A
8. B

Text Evidence

9. Sample Answer:

"Even when you are asleep, your brain continues working."

(Students may also quote: "It controls breathing, heartbeat, and many other important body functions without you having to think about them.")

Short Response

10. Sample Answer:

People can keep their brain healthy by eating nutritious foods, exercising regularly, getting enough sleep, and wearing a helmet during activities such as riding a bicycle.

Passage 5: The Heart

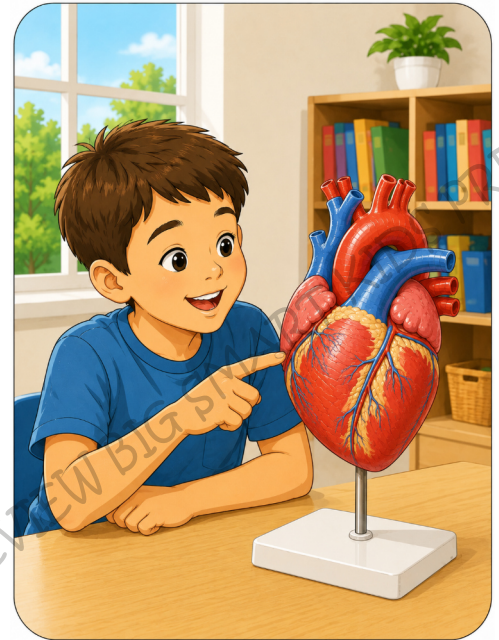
Grade 4 Human Body Reading Comprehension

5

The heart is a strong muscle that works every minute of every day. It is about the size of your fist and is located in the center of your chest, slightly to the left. The heart is part of the circulatory system. Its main job is to pump blood throughout the body. Blood carries oxygen and nutrients to body cells and removes waste products. Even while you are sleeping, your heart continues beating without stopping.

The heart has four chambers that work together to move blood. The right side of the heart pumps blood to the lungs, where it picks up oxygen. The left side pumps oxygen-rich blood to the rest of the body. As blood travels through blood vessels, it delivers the oxygen and nutrients that body cells need to stay healthy. This continuous movement keeps every part of the body supplied with what it needs.

Keeping your heart healthy is important at every age. Regular exercise helps strengthen the heart, while healthy foods support good circulation. Getting enough sleep and avoiding smoking also help protect the heart. Learning about the heart helps people understand why healthy habits are important for the entire body.



Name : Date:

Passage 5: The Heart

Grade 4 Human Body Reading Comprehension

Multiple Choice

1. What is the main idea of the passage?

- A. The lungs provide oxygen for the body.
- B. The heart pumps blood and helps keep the body healthy.
- C. Blood vessels are the largest part of the circulatory system.
- D. The heart stops working while people sleep.

2. What is the heart's main job?

- A. to pump blood
- B. to digest food
- C. to protect the brain
- D. to move the body's muscles

3. Where does blood pick up oxygen?

- A. in the lungs
- B. in the stomach
- C. in the brain
- D. in the muscles

4. According to the passage, what carries oxygen and nutrients to body cells?

- A. muscles
- B. bones
- C. nerves
- D. blood

5. Which healthy habit helps protect the heart?

- A. Sleeping less each night
- B. Exercising regularly
- C. Skipping meals
- D. Avoiding physical activity

Name : Date:

Vocabulary

Choose the best meaning of the underlined word.

6. Blood travels through the circulatory system.

- A. the body system that moves blood throughout the body
- B. the group of bones that supports the body
- C. the body system used for breathing
- D. the muscles that move the arms and legs

7. Blood carries oxygen and nutrients.

- A. body systems
- B. blood cells
- C. helpful substances in food
- D. muscles used for movement

8. The heart helps support good circulation.

- A. the body's normal temperature
- B. muscle strength
- C. healthy sleep
- D. blood moving through the body

Name : Date:.....

Passage 5: The Heart

Grade 4 Human Body Reading Comprehension

Text Evidence

9. Which sentence from the passage explains what blood carries to body cells?

Short Response

10. Explain one way people can keep their heart healthy.

Passage 5: The Heart

Grade 4 Human Body Reading Comprehension

Answer Key

Multiple Choice

1. B
2. A
3. A
4. D
5. B

Vocabulary

6. A
7. C
8. D

Text Evidence

9. Sample Answer:

"Blood carries oxygen and nutrients to body cells and removes waste products."

Short Response

10. Sample Answer:

People can keep their heart healthy by exercising regularly, eating healthy foods, getting enough sleep, and avoiding smoking.

Passage 6: The Lungs

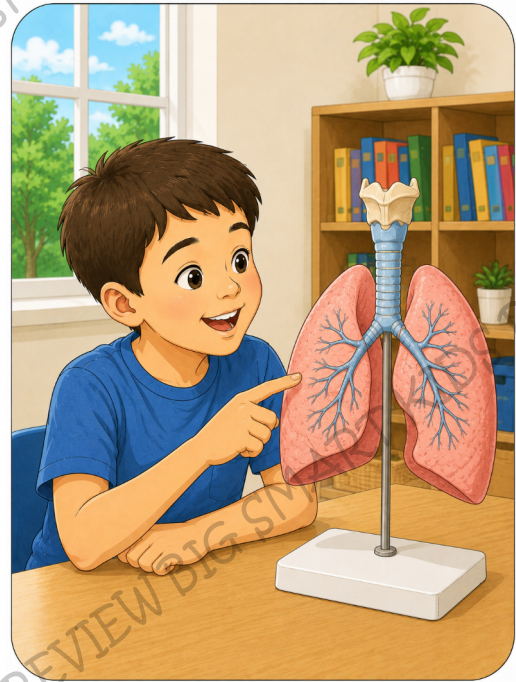
Grade 4 Human Body Reading Comprehension

6

The lungs are two important organs that help people breathe. They are part of the respiratory system and are located inside the chest, protected by the rib cage. Every time you breathe in, your lungs take in oxygen from the air. When you breathe out, your lungs remove carbon dioxide, a waste gas that the body no longer needs. This process happens automatically all day and all night.

Inside the lungs are millions of tiny air sacs called alveoli. Oxygen moves from these air sacs into the blood, while carbon dioxide moves from the blood into the lungs to be breathed out. The heart then pumps oxygen-rich blood throughout the body. Working together, the lungs and heart provide body cells with the oxygen they need to grow, move, and stay healthy.

Keeping your lungs healthy is important. Regular exercise helps your lungs work more efficiently, and clean air helps protect them from damage. Avoiding smoking and staying away from secondhand smoke also help keep lungs strong. Learning about the lungs helps people understand why breathing is essential for a healthy body.



Name : Date:

Passage 6: The Lungs

Grade 4 Human Body Reading Comprehension

Multiple Choice

1. What is the main idea of the passage?
 - A. The heart and lungs are the same size.
 - B. The lungs are protected by the rib cage.
 - C. The lungs help the body breathe.
 - D. Oxygen is found only inside the lungs.
2. What happens when you breathe in?
 - A. The lungs take in oxygen.
 - B. The lungs remove carbon dioxide.
 - C. The heart pumps blood.
 - D. The stomach digests food.
3. What moves from the lungs into the blood?
 - A. oxygen
 - B. carbon dioxide
 - C. nutrients
 - D. water
4. What does the heart do after the blood receives oxygen?
 - A. It sends messages through nerves.
 - B. It removes waste from the stomach.
 - C. It strengthens the lungs.
 - D. It pumps oxygen-rich blood.
5. Which habit helps keep the lungs healthy?
 - A. Staying indoors all day
 - B. Avoiding smoking
 - C. Drinking sugary drinks
 - D. Sleeping less

Name : Date:

Vocabulary

Choose the best meaning of the underlined word.

6. The lungs are part of the respiratory system.

- A. the body system that digests food
- B. the body system that helps people breathe
- C. the body system that pumps blood
- D. the body system that supports the body

7. Inside the lungs are tiny air sacs.

- A. bones that protect the lungs
- B. small pockets that hold air
- C. muscles that help breathing
- D. blood vessels in the heart

8. The lungs work more efficiently with regular exercise.

- A. in a slower way
- B. with less energy
- C. in a quieter and calmer way
- D. in a more effective way

Name : Date:.....

Passage 6: The Lungs

Grade 4 Human Body Reading Comprehension

Text Evidence

9. Which sentence from the passage explains what happens when you breathe out?

Short Response

10. Explain one way people can keep their lungs healthy.

Passage 6: The Lungs

Grade 4 Human Body Reading Comprehension

Answer Key

Multiple Choice

1. C
2. A
3. A
4. D
5. B

Vocabulary

6. B
7. B
8. D

Text Evidence

9. Sample Answer:

"When you breathe out, your lungs remove carbon dioxide, a waste gas that the body no longer needs."

Short Response

10. Sample Answer:

People can keep their lungs healthy by exercising regularly, breathing clean air, avoiding smoking, and staying away from secondhand smoke.

Passage 7: The Digestive System

Grade 4 Human Body Reading Comprehension

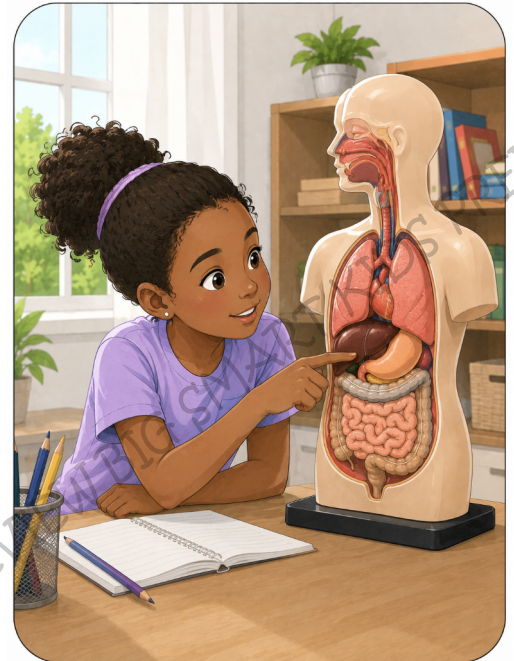
7

The digestive system helps the body break down food into nutrients that provide energy for growth, learning, and everyday activities. Digestion begins in the mouth, where teeth chew food into smaller pieces. Saliva starts breaking down the food before it travels through the esophagus to the stomach. The stomach mixes food with digestive juices, making it easier for the body to process.

After leaving the stomach, food moves into the small intestine. Most nutrients are absorbed into the blood there. The blood carries these nutrients to body cells, where they are used for energy, growth, and repair.

Any materials the body does not need move into the large intestine before leaving the body as waste. Each organ in the digestive system has a special job that helps the body stay healthy.

Healthy eating habits help the digestive system work well. Eating fruits, vegetables, whole grains, and drinking plenty of water support good digestion. Regular exercise also helps food move through the digestive system. Learning about the digestive system helps people understand how food becomes the energy their bodies need every day.



Name : Date:

Passage 7: The Digestive System

Grade 4 Human Body Reading Comprehension

Multiple Choice

1. What is the main idea of the passage?

- A. The stomach is the largest digestive organ.
- B. The digestive system breaks down food.
- C. The small intestine is longer than the stomach.
- D. Digestion begins in the stomach.

2. Where does digestion begin?

- A. the stomach
- B. the small intestine
- C. the mouth
- D. the large intestine

3. Where are most nutrients absorbed into the blood?

- A. the esophagus
- B. the stomach
- C. the small intestine
- D. the large intestine

4. What carries nutrients to body cells?

- A. blood
- B. saliva
- C. digestive juices
- D. oxygen

5. Which healthy habit helps the digestive system work well?

- A. Skipping breakfast every morning.
- B. Drinking less water
- C. Eating only sweets instead of healthy foods.
- D. Eating healthy foods and drinking water.

Name : Date:

Vocabulary

Choose the best meaning of the underlined word.

6. The digestive system breaks food into nutrients.

- A. body systems
- B. muscles that move food
- C. helpful substances in food
- D. different types of bones in the body

7. The stomach mixes food with digestive juices.

- A. liquids that help break down food
- B. tiny air sacs in the lungs
- C. blood vessels
- D. body cells

8. The small intestine absorbs most nutrients.

- A. removes oxygen from the blood
- B. pumps blood around the body
- C. protects important organs
- D. takes in or soaks up nutrients

Name : Date:.....

Passage 7: The Digestive System

Grade 4 Human Body Reading Comprehension

Text Evidence

9. Which sentence from the passage explains where most nutrients are absorbed?

Short Response

10. Explain one way people can keep their digestive system healthy.

Passage 7: The Digestive System

Grade 4 Human Body Reading Comprehension

Answer Key

Multiple Choice

1. B
2. C
3. C
4. A
5. D

Vocabulary

6. C
7. A
8. D

Text Evidence

9. Sample Answer:

"Most nutrients are absorbed into the blood there."

Short Response

10. Sample Answer:

People can keep their digestive system healthy by eating fruits, vegetables, whole grains, drinking plenty of water, and exercising regularly.

Passage 8: The Five Senses

Grade 4 Human Body Reading Comprehension

8

People learn about the world through their five senses: sight, hearing, smell, taste, and touch.

These senses help the brain collect information about everything around us. The eyes detect light and color, the ears hear sounds, the nose recognizes different smells, the tongue identifies flavors, and the skin feels temperature, pressure, and texture. The brain receives this information and helps the body understand what is happening.



Each sense has a special job, but they often work together. For example, when you eat an apple, your eyes see its color, your nose smells its fresh scent, your tongue tastes its sweetness, and your hands feel its smooth skin. Your ears may even hear the crunch when you take a bite. Working together, the five senses help people enjoy experiences and respond to their surroundings.

Keeping your sense organs healthy is important. Wearing sunglasses in bright sunlight, avoiding loud noises, washing your hands before touching your eyes, and eating healthy foods all help protect your senses. Learning about the five senses helps people understand how their bodies gather information every day.

Name : Date:

Passage 8: The Five Senses

Grade 4 Human Body Reading Comprehension

Multiple Choice

1. What is the main idea of the passage?

- A. The five senses help people understand the world.
- B. The tongue is the most important sense organ.
- C. Healthy foods improve all five senses every day.
- D. The brain works only with the eyes.

2. Which sense helps people hear sounds?

- A. sight
- B. hearing
- C. smell
- D. touch

3. According to the passage, what helps people understand what is happening?

- A. the tongue
- B. the skin
- C. the ears
- D. the brain

4. Which example shows several senses working together?

- A. Sleeping at night
- B. Riding a bicycle
- C. Eating an apple
- D. Reading a book

5. Which healthy habit is mentioned in the passage?

- A. Wearing sunglasses in bright sunlight
- B. Watching television every day
- C. Sleeping fewer hours
- D. Eating candy every day instead of healthy foods.

Name : Date:

Vocabulary

Choose the best meaning of the underlined word.

6. The eyes can detect different textures.

- A. sounds people hear
- B. colors people see
- C. how something feels
- D. flavors of food

7. The nose recognizes different scents.

- A. body systems
- B. muscles
- C. nutrients
- D. smells

8. The brain helps people respond to their surroundings.

- A. forget important information
- B. stop moving
- C. react to their surroundings
- D. protect their bones

Name : Date:

Passage 8: The Five Senses

Grade 4 Human Body Reading Comprehension

Text Evidence

9. Which sentence from the passage explains how the five senses work together when eating an apple?

Short Response

10. Explain one way people can protect their sense organs.

Passage 8: The Five Senses

Grade 4 Human Body Reading Comprehension

Answer Key

Multiple Choice

1. A
2. B
3. D
4. C
5. A

Vocabulary

6. C
7. D
8. C

Text Evidence

9. Sample Answer:

"For example, when you eat an apple, your eyes see its color, your nose smells its fresh scent, your tongue tastes its sweetness, and your hands feel its smooth skin."

Short Response

10. Sample Answer:

People can protect their sense organs by wearing sunglasses, avoiding loud noises, washing their hands before touching their eyes, and eating healthy foods.

Passage 9: Healthy Habits

Grade 4 Human Body Reading Comprehension

9

Healthy habits help people grow, stay active, and feel their best every day. Good habits include eating nutritious foods, drinking enough water, exercising regularly, getting enough sleep, and practicing good hygiene. These simple choices help body systems work properly and reduce the risk of illness. Developing healthy habits at a young age can lead to a healthier life in the future.



Good hygiene is an important part of staying healthy. Washing your hands with soap helps remove germs before they spread. Brushing and flossing your teeth protect your mouth from cavities and gum disease. Covering your mouth when coughing or sneezing also helps prevent germs from reaching other people. These healthy habits protect both you and those around you.

Healthy habits are easier to follow when they become part of your daily routine. Choosing healthy snacks instead of sugary treats and spending time being physically active are small decisions that make a big difference. Learning about healthy habits helps people understand how everyday choices can improve their overall health and well-being.

Name : Date:.....

Passage 9: Healthy Habits

Grade 4 Human Body Reading Comprehension

Multiple Choice

1. What is the main idea of the passage?

- A. Exercise is more important than getting enough sleep.
- B. Good hygiene is the best healthy habit.
- C. Healthy snacks should replace all meals.
- D. Healthy habits help people stay healthy.

2. Which habit helps remove germs before they spread?

- A. brushing your teeth
- B. drinking enough water
- C. washing your hands with soap
- D. getting more sleep

3. According to the passage, why should people cover their mouths when coughing or sneezing?

- A. To improve breathing during exercise.
- B. To protect their teeth
- C. To stop germs from spreading.
- D. To keep food clean

4. What does the passage suggest about healthy habits?

- A. They are difficult to follow every day.
- B. They become part of a daily routine.
- C. They only help children.
- D. They replace the need for exercise.

5. Which choice is an example of a healthy habit mentioned in the passage?

- A. Choosing healthy snacks
- B. Eating sugary treats every day
- C. Sleeping very late
- D. Skipping healthy meals every day.

Name : Date:

Vocabulary

Choose the best meaning of the underlined word.

6. Good hygiene helps people stay healthy.

- A. habits for good health
- B. regular physical exercise
- C. healthy foods people eat
- D. different body systems

7. Washing your hands helps remove germs.

- A. healthy nutrients found in food
- B. body cells that need energy
- C. muscles
- D. tiny things that cause illness

8. Healthy habits improve your overall well-being.

- A. body temperature
- B. breathing speed
- C. muscle strength
- D. health and happiness

Name : Date:.....

Passage 9: Healthy Habits

Grade 4 Human Body Reading Comprehension

Text Evidence

9. Which sentence from the passage explains why washing your hands is important?

Short Response

10. Explain one healthy habit that you practice every day and why it is important.

Passage 9: Healthy Habits

Grade 4 Human Body Reading Comprehension

Answer Key

Multiple Choice

1. D
2. C
3. C
4. B
5. A

Vocabulary

6. A
7. D
8. D

Text Evidence

9. Sample Answer:

"Washing your hands with soap helps remove germs before they spread."

Short Response

10. Sample Answer:

I brush my teeth every day because it helps keep my teeth and mouth healthy.

Passage 10: Exercise and Fitness

Grade 4 Human Body Reading Comprehension

10

Exercise is an important part of a healthy lifestyle. Physical activity helps strengthen muscles and bones, improves heart and lung health, and gives the body more energy. Children should be active every day by walking, running, riding a bicycle, swimming, or playing sports. Regular exercise also helps improve balance, coordination, and flexibility. Staying active keeps both the body and the mind healthy.



Exercise benefits many body systems at the same time. During physical activity, the heart pumps blood faster to deliver oxygen and nutrients to muscles. The lungs work harder to bring in more oxygen, and muscles become stronger with regular use. Exercise also helps maintain a healthy body weight and supports healthy growth as children get older.

Fitness is not about being the fastest or strongest. It is about making healthy choices and staying active every day. Warming up before exercise and cooling down afterward can help prevent injuries. Drinking enough water is also important before, during, and after physical activity. Learning about exercise and fitness helps people build healthy habits that can last a lifetime.

Name : Date:

Passage 10: Exercise and Fitness

Grade 4 Human Body Reading Comprehension

Multiple Choice

1. What is the main idea of the passage?
 - A. Swimming is the best type of exercise.
 - B. Exercise helps keep the body healthy and strong.
 - C. Running is the easiest activity for children.
 - D. Muscles are more important than bones.
2. What does exercise help strengthen?
 - A. muscles and bones
 - B. only the heart
 - C. only the lungs
 - D. only the brain
3. During exercise, what does the heart do?
 - A. It pumps blood faster.
 - B. It stops to rest.
 - C. It slows down.
 - D. It removes waste from the body.
4. According to the passage, what can help prevent injuries?
 - A. Eating more snacks
 - B. Exercising only once a week
 - C. Warming up before exercise and cooling down afterward
 - D. Sleeping later every night
5. What is important before, during, and after physical activity?
 - A. Drinking soda
 - B. Skipping meals
 - C. Watching television
 - D. Drinking enough water

Name : Date:

Vocabulary

Choose the best meaning of the underlined word.

6. Regular exercise improves coordination.

- A. body temperature
- B. muscle size
- C. healthy eating
- D. the ability to move different body parts together

7. Exercise helps maintain a healthy body weight.

- A. keep something at a healthy level
- B. make something disappear
- C. increase very quickly
- D. change completely

8. Warming up can help prevent injuries.

- A. healthy habits
- B. harm or damage to the body
- C. body systems
- D. physical activities

Name : Date:

Passage 10: Exercise and Fitness

Grade 4 Human Body Reading Comprehension

Text Evidence

9. Which sentence from the passage explains what the heart does during exercise?

Short Response

10. Explain one reason why regular exercise is important.

Passage 10: Exercise and Fitness

Grade 4 Human Body Reading Comprehension

Answer Key

Multiple Choice

1. B
2. A
3. A
4. C
5. D

Vocabulary

6. D
7. A
8. B

Text Evidence

9. Sample Answer:

"During physical activity, the heart pumps blood faster to deliver oxygen and nutrients to muscles."

Short Response

10. Sample Answer:

Regular exercise helps strengthen muscles and bones, improves heart and lung health, gives the body more energy, and helps people stay healthy.