

Main Ideas

Read each paragraph. Choose the best answers.

Do you eat breakfast every day? Researchers have found that people who eat a balanced breakfast are likely to be healthier than those who don't. One reason is that most people eat whole grains at breakfast, and these promote good health. Breakfast eaters also tend to have fewer weight problems than those who skip the meal. People who don't eat breakfast usually eat too much later in the day. Often, these foods are not healthy and cause weight gain and other problems. So, be sure to eat breakfast. It is the most important meal of the day.

1 The main idea of this paragraph is

- (A) Breakfast is the most important meal. (C) Breakfast is a delicious meal.
(B) Skipping breakfast makes you hungry. (D) Breakfast eaters have fewer weight problems.

2 A supporting detail is

- (A) People eat too much at lunch. (C) Only healthy people eat breakfast.
(B) No one has time to eat breakfast. (D) Whole grains at breakfast promote health.

Once, shoes were made entirely by hand. The hardest step was connecting the upper part of a shoe to the innersole. A worker had to stretch the leather over a wooden form called a *last*. Jan Matzeliger changed all that in the 1880s. He invented a lasting machine to do this difficult work. Matzeliger's machine meant that many more shoes could be made in a day than before and for less money. The price of shoes came down, and more people could afford them.

3 The main idea of this paragraph is

- (A) Once shoes were made by hand. (C) Matzeliger changed how shoes are made.
(B) Jan Matzeliger was an inventor. (D) More people could now afford shoes.

4 A supporting detail is

- (A) What Matzeliger's machine looked like (C) Some people went barefoot.
(B) Lasting is a difficult step in shoemaking. (D) The 1880s were a time of change.

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Read each paragraph. Choose the best answers.

A jingle dress is for special occasions among the Ojibwa people. Often, Ojibwa women and girls wear a jingle dress at powwows. These are social gatherings where people do traditional dances and have fun. A jingle dress has small metal cones hanging from it like a fringe. The dress makes a jingling sound when a girl dances. According to a story, a jingle dress helped to cure a young girl. That is why the Ojibwa believe that the jingle dress is a healing garment.

1 The main idea of this paragraph is

- (A) The dress makes a jingling sound. (C) A jingle dress is for special Ojibwa events.
(B) People get cured from jingle dresses. (D) A powwow is a social gathering.

2 A supporting detail is

- (A) The dress has a fringe of metal cones. (C) People camp out at powwows.
(B) The Ojibwa are from the Great Lakes. (D) The Ojibwa wear jingle dresses.

The hippopotamus spends a lot of time in water. In fact, the name of this large African animal means "river horse." During a hot day, a hippo will spend its hours in rivers and lakes. Only its eyes, ears, and nostrils can be seen above the water. This helps to keep the hairless animal from getting sunburned. Although it eats water plants, the hippo goes ashore at night to find larger plants. If it is the dry season and the water is low, hippos roll in mud to cover their large bodies. This way their skin doesn't dry out.

3 The main idea of this paragraph is

- (A) A hippopotamus is a water horse. (C) Hippos live only in Africa.
(B) This animal eats water and land plants. (D) A hippo spends a lot of time in water.

4 A supporting detail is

- (A) Sometimes hippos overturn boats. (C) Water plants are good for hippos.
(B) Sunburn is a problem for many animals. (D) Water protects a hippo's skin from the sun.

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