

Practice Test



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Reading
(Level G)

Vocabulary • Comprehension • Study Skills

An ECS Diagnostic Tool for Reading

Name _____ Date _____

Directions

There are many multiple-choice questions in this practice test. Read each passage carefully. For each multiple-choice question, choose the best answer about each passage. Do not spend too much time on one question. You may mark an answer even if you are not sure it is correct.

Mark all your answers in the test booklet (or on the separate answer sheet). Use a number 2 pencil. Make sure to fill in the entire answer space. Mark only one answer for each question. If you make a mistake or want to change an answer, erase your first answer completely. Look at the sample question below.

The people of the United States came from many different countries. The country is a nation of immigrants. For this reason we often call the United States a **melting pot** since many different people came together and created one country.

1. In this passage the term **melting pot** means—

- A visitors in the United States
- B a country with many nationalities of people
- C a utensil for cooking
- D a nation's history

There are also several questions for which you must write your own answer. Read the directions for these questions carefully. The directions will be different for each one. Then write your answer in the space provided in your test booklet. Write a complete answer for every question.

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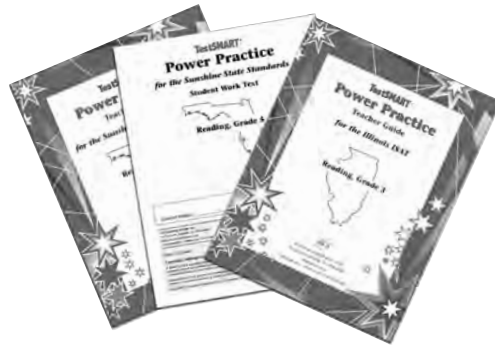
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ECS92707
ISBN: 978-1-60539-270-7

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Printed in the United States of America

Publisher Information

For a complete catalog, contact—
ECS Learning Systems, Inc.
P.O. Box 440
Bulverde, TX 78163-0440

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Eating the Right Foods

You probably know that people need to eat a variety of foods if they want to maintain their health. Throughout your school years you have learned about the four basic food groups and the importance of each one. However, in recent years **nutritionists** have discovered new information about foods and their effects on your body. This has changed the way doctors and **nutritionists** view healthy diets. As a result, **nutritionists** have developed new food guidelines that could improve and protect the health of people who choose to follow them.

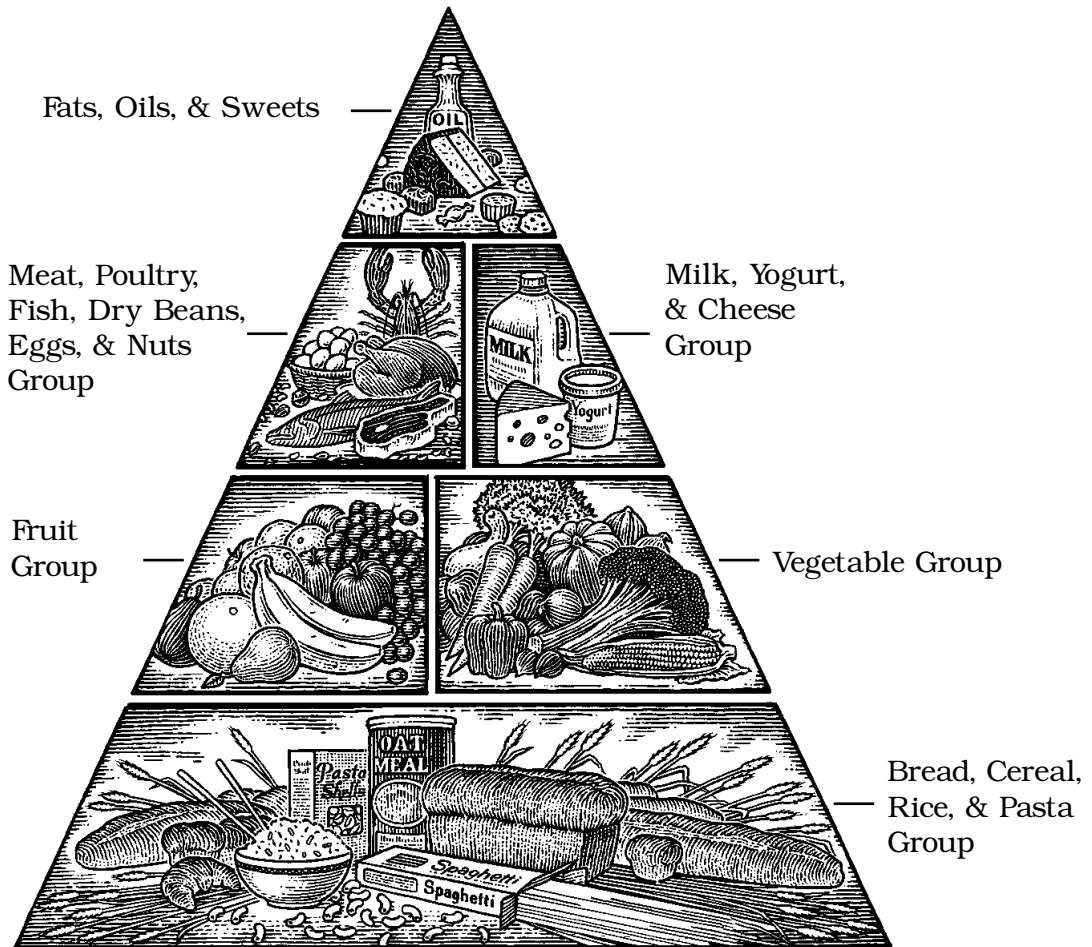
Although it is still important to eat a variety of foods, the new guidelines shift the quantities of certain foods. These guidelines stress the need to limit the amount of fats, sugar, and salt in a daily diet. **Starch** and fiber, on the other hand, should make up a larger

part of a person's meals each day. Potatoes and rice are starches which contain the nutrient carbohydrate. Foods high in fiber include cereals, fruits, and vegetables.

These and other changes are the results of many years of study that have proven such changes help people protect and maintain good health.

These changes may seem strange to you or members of your family. The food chart will help you understand how much of each food group you should eat each day. Once you have learned the new guidelines, they probably will be just as easy to follow. In addition, you will know that you are eating for good health—now and in the future.

Food Guide Pyramid



Cause/Effect (IV.A)

1. Nutritionists have developed new food guidelines because—
- A the old guidelines were too hard to understand
 - B they needed to study the changes that food caused in a daily diet
 - C recent studies showed that some foods were not good for people
 - D the old guidelines seemed strange to many people

Main Idea (III.A)

2. This passage is mostly about—
- A the new food guidelines developed by nutritionists
 - B why people eat a variety of foods
 - C how nutritionists developed the four basic food groups
 - D why people need to limit fat, sugar, and salt in their diets

Context Clues (I.B)

3. **Nutritionists** are people who study—
- A healthy people
 - B food values
 - C health foods
 - D fat, sugar, and salt

Fact/Opinion (VI.A)

4. Which of the following is a FACT?
- A People like breads and cereals better than vegetables.
 - B New food guidelines tell people to eat more food.
 - C New food guidelines will be very easy to follow.
 - D New food guidelines stress the need to limit fat in a daily diet.

Multiple Meanings (I.C)

5. The word **starch** means—
- A potatoes
 - B stiff behavior
 - C foods with carbohydrates
 - D to stiffen with starch

Graphic Sources (VIII.A)

6. You can tell from the Food Guide Pyramid that most of your daily servings should come from the—
- A meat group
 - B bread group
 - C milk group
 - D fruit group