

Hackensack Grade 8 Holiday Packet 1

Read the following selection and then answer questions 1 - 21.

Introduction: The following articles discuss opposing viewpoints comparing whether teenagers should exercise more. Read both articles and then answer the question that follows them.

Do Young People Need to Exercise More?

Pro: Children Need More Exercise

The Associated Press took a poll and found that nearly one in every six young people is overweight. There are several reasons for this fact. Young people are making poor choices when they buy their lunches in the school cafeteria. They eat too many snacks that do not have nutritional value. And even at dinnertime at home, they may not be eating the right kinds of foods. Another reason for the increase in weight is that they spend too much time watching television or playing video games.

One solution to this problem is to get more exercise. Everyone should get at least one hour of physical exercise a day, but only a few get anywhere close to that.

In addition to the health risks posed by lack of exercise, children who are overweight often suffer from teasing. Rather than be teased about the way they look or left out of activities by their peers, they may decide not to join sports teams. However, getting exercise doesn't necessarily mean joining a team. Children can get as much benefit from spending time outdoors.

Instead of watching television or playing video games, young people should go for a hike, play catch, or go for a walk. With the health risks and stress brought on by being overweight, no one should risk being out of shape. A combination of better meal choices, less snacking, and more exercise enables a person to live better and feel better.

Con: Too Much Exercise Can Be Harmful

Fitness is important to a healthy lifestyle, but too much exercise isn't good either. Children, especially teenagers, may feel unhappy with the way they look and may try too hard to look like the images of "perfect" bodies that they see on television and in magazines. In order to be as strong as the men and women models in these pictures, young people may add more workouts to their daily routine.

Often, they may make these changes to what was originally a healthy workout without checking with a trainer or coach. The expanded workouts may be too hard and have negative results. For example, extra exercise does not always strengthen muscles. In fact, tendons and bones are more likely to be injured when people exercise too much. Excessive exercise can also lead to sleeplessness, fatigue, and even death. The effects of too much exercise are not only physical. Too much exercise can lead to depression. Young people may feel guilty if they miss a workout.

Parents are often blamed for forcing their children to exercise too much in order to be fit and to lose weight. However, parents don't have to be too concerned about making their children lose weight. Many young children who are overweight will lose the weight when they grow older. Parents should simply encourage their children to enjoy a comfortable amount of physical exercise.

1. Which best describes the organization of the first essay?

- A. chronological order
- B. compare and contrast
- C. problem and solution
- D. procedural list

2. According to the "Pro" argument, all of the following are causes of weight gain in young people *except*

- A. a family history of obesity.
- B. snacking on junk food.
- C. a lack of physical activity.
- D. eating poor foods both at school and at home.

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3. According to the "Pro" argument, one way in which children on sports teams and children who don't play on teams are *alike* is that they both

- A. spend too much time on video games.
- B. have many opportunities to get exercise.
- C. must learn how to face disappointments.
- D. get at least one hour of exercise each day.

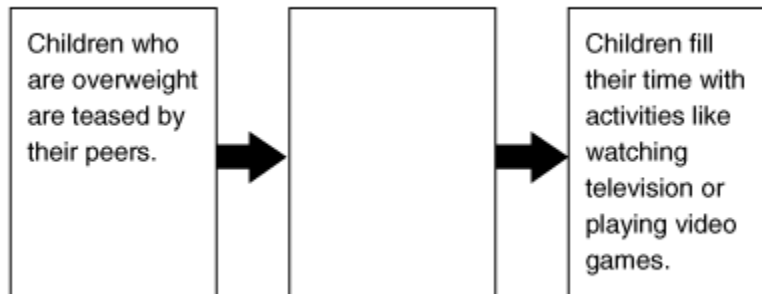
4. Read this sentence from the "Con" argument.

For example, extra exercise does not always strengthen muscles. The suffix *-en* often forms verbs. It makes *strengthen* a verb, just as it does with which of these other words?

- A. children
- B. wooden
- C. sharpen
- D. dozen

5. Why would you be *most likely* to read a selection like "Do Young People Need to Exercise More?"

- A. to see if your reasons for an opinion match someone else's
- B. to analyze and enjoy the authors' writing styles
- C. to learn about the latest interests of young people
- D. to consider more than one viewpoint on an issue



6. Which of the following goes in the cause and effect chart?

- A. Children decide not to join sports teams.
- B. Children try to look like the images they see on television.
- C. Children choose better meals and exercise more.
- D. Children make poor choices when they choose their lunches.

7. What is the meaning of the word **posed** in paragraph 3 of the first essay?

- A. presented or introduced
- B. arranged in a certain way
- C. pretended to be someone else
- D. held a position for a photograph

8. In the second essay, the word routine most nearly means

- A. customary, regular activity.
- B. approved, official activity.
- C. boring, ordinary activity.
- D. unusual, exciting activity.

9. Read this sentence from the "Pro" argument.

Young people are making poor choices when they buy their lunches in the school cafeteria. If you were to look up *poor* in a thesaurus, which set of synonyms would best match the use of the word in this sentence?

- A. cheap, defective, faulty
- B. deficient, inadequate, unacceptable
- C. broke, impoverished, poverty-stricken
- D. pathetic, pitiable, unlucky

10. The author of the "Con" argument urges parents not to be "too concerned about making their children lose weight." Which of these words is the best antonym for concerned?

- A. unworried
- B. bothered
- C. thoughtless
- D. optimistic

11. Read this sentence from the "Pro" argument.

Rather than be teased about the way they look or left out of activities by their peers, they may decide not to join sports teams. Which of these words has the closest meaning for teased in this context?

- A. flattered
- B. annoyed
- C. informed
- D. ridiculed

12. In both the "Pro" argument and the "Con" argument, how do the authors support their opinions?

I. by discussing physical factors II. by discussing financial factors III. by discussing social factors IV. by discussing emotional factors

- A. I and III
- B. III and IV
- C. II and IV
- D. I, III, and IV

13. According to the first essay, what did the Associated Press discover in a poll?

- A. Everyone should exercise an hour every day.
- B. Children are not eating healthier foods.
- C. People feel better when they exercise.
- D. One out of six young people is overweight.

14. What tone does the writer of the first essay use to try to convince the reader to agree with his or her point of view?

- A. anger
- B. concern
- C. cheerfulness
- D. boredom

15. Which point is made by the writers of both essays?

- A. Children can be unhappy with the way they look.
- B. Children exercise too often and too hard.
- C. Excessive exercise can lead to health risks.
- D. Children make poor food choices.

16. From what the author of the "Con" argument says, you can infer that

- A. young people who want to expand their workouts need the oversight of a trainer or coach.
- B. any young person can have a "perfect" body if he or she works hard enough at it.
- C. the only young people who suffer from depression are the ones who spend too much time exercising.
- D. parents shouldn't encourage their young people to exercise.

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17. According to the second essay, what is one result of excessive exercise?
- A. stronger muscles
 - B. extreme tiredness
 - C. frequent nausea
 - D. hunger pains
18. Which of the following statements BEST summarizes the main idea of the first essay?
- A. Children are actively participating in team sports.
 - B. School cafeterias do not serve healthy food.
 - C. People, especially children, need to get more exercise.
 - D. Children today get enough exercise.
19. What solution does the author of the second essay suggest?
- A. Young people should try to look like people on TV.
 - B. Young people should have stronger workouts.
 - C. Children should limit their exercise to the right amount.
 - D. Parents should make their children lose weight.
20. With which main idea would both writers of these essays agree?
- A. Too much exercise does more harm than good.
 - B. Children need to join sports teams.
 - C. Parents put too much pressure on their kids.
 - D. A healthy amount of exercise is beneficial to children.
21. The authors of both arguments agree that
- A. young people are sensitive about being teased.
 - B. an alarming number of young Americans are overweight.
 - C. being overweight can lead to emotional problems.
 - D. exercise that is done incorrectly can be harmful.

Read the following selection and then answer questions 22 - 41.

A Lost Civilization?

1 *There is a story that is told about a great civilization from 11,000 years ago. It is known as Atlantis. There are no facts to show that there ever was such a place. But many people like to think that it was real. Their belief is based on one highly reliable source, the ancient Greek philosopher Plato. It is not easy to dismiss his words.*

2 *In two essays written in about 360 B.C., Plato talks about Atlantis. He describes it as an advanced civilization that existed about 9,000 years before he lived. It was built on large islands in the sea. Some say the islands covered an area the size of North America. Plato reports that Atlantis was built by a race of people who were said to be half human and half gods. These people were descended from the powerful god of the sea, Poseidon. There were many scientists who used technology to build wealthy cities connected by canals. They had a great navy that explored the whole world.*

3 *Atlantis flourished for hundreds of years. Over time, however, the civilization faded. Then, in Plato's words, "there occurred violent earthquakes and floods, and in a single day and night of misfortune . . . the island of Atlantis disappeared in the depths of the sea."*

4 *Plato told where Atlantis was located, but his description is not exact. Few scientists think there ever was an Atlantis. Still, the legend lives on, and, to this day, people search the planet for this mysterious land.*

5 *So why did Plato tell the story of Atlantis? He wasn't the kind of man to report stories as true without some proof. One explanation is that he made up the story as a parable to explain his ideas about the human condition. He may never have expected anyone to actually believe there was a real Atlantis. On the other hand, he did refer to stories of Atlantis in other ancient sources. Unfortunately, these sources no longer exist. Intentionally or not, Plato created a myth of Atlantis that persists to this day.*

22. *The information in 'A Lost Civilization?' is organized using*

- A.** *chronological order.*
- B.** *comparison and contrast.*
- C.** *main idea and details.*
- D.** *cause-and-effect order.*

23. *What happened to Atlantis?*

- A.** *The people mysteriously deserted the city.*
- B.** *There is no record of what became of it.*
- C.** *It was destroyed by earthquakes and floods.*
- D.** *It was defeated in war and destroyed by enemies.*

24. *Read these sentences from the last paragraph.*

He wasn't the kind of man to report stories as true without some proof. One explanation is that he made up the story as a parable to explain his ideas about the human condition. He may never have expected anyone to actually believe there was a real Atlantis. On the other hand, he did refer to stories of Atlantis in other ancient sources. Which words give clues to the meaning of parable?

- A.** *made up the story; explain his ideas*
- B.** *report stories as true; human condition*
- C.** *a real Atlantis; other ancient sources*
- D.** *refer to stories; ancient sources*

25. *Read this sentence from 'A Lost Civilization.'*

These people were descended from the powerful god of the sea, Poseidon. The root of the word descended is the same root found in the

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word

- A. consistent.
- B. description.
- C. ascendant.
- D. destiny.

26. Read this line from the article.

Their belief is based on one highly reliable source, the Greek philosopher Plato. The suffix in the word philosopher shows that this word is

- A. a noun.
- B. an adjective.
- C. a verb.
- D. an adverb.

27. The best reason for reading 'A Lost Civilization?' would be to

- A. learn about Plato.
- B. learn the location of Atlantis.
- C. learn about Atlantis.
- D. learn about Poseidon.

28. The title of this article—'A Lost Civilization?'—ends with a question mark. What point is the author trying to make by adding the question mark?

- A. He is urging readers to wonder where on earth Atlantis may be.
- B. He is emphasizing that Atlantis has been lost beneath the sea for a very long time.
- C. He wants readers to understand that Atlantis never really existed.
- D. He wants readers to consider whether Atlantis was lost or never existed.

29. To learn how to pronounce the name of the Greek god Poseidon, the best place to look would be

- A. a thesaurus.
- B. a dictionary.
- C. an atlas.
- D. an almanac.

30. Read these sentences from paragraph 2 of 'A Lost Civilization?'

He describes it as an advanced civilization that existed about 9,000 years before he lived. . . . There were many scientists who used technology to build wealthy cities connected by canals. They had a great navy that explored the whole world. In this context, the word advanced means

- A. in front.
- B. aged.
- C. progressive.
- D. higher.

31. When the author says in the first paragraph that Plato was a 'reliable source,' this means that Plato

- A. was a scholar who lived long ago.
- B. knew how to gather information.
- C. would have checked his facts.
- D. made up the story.

32. Read this sentence from paragraph 4 of the article.

Still, the legend lives on, and to this day people search the planet for this mysterious land. A legend is a story that

- A. is at least partly based on historical events.
- B. is set in the distant past and completely made up.
- C. includes fantastic characters and animals.
- D. explains gods and goddesses and the origin of natural events.

33. Read the first paragraph of the article.

There is a story that is told about a great civilization from 11,000 years ago. It is known as Atlantis. There are no facts to show that there ever was such a place. But many people like to think that it was real. Their belief is based on one highly reliable source, the ancient Greek philosopher Plato. It is not easy to dismiss his words. Which statement from the paragraph is an opinion?

- A. *It is not easy to dismiss his words.*
- B. *There are no facts to show that there ever was such a place.*
- C. *There is a story that is told about a great civilization from 11,000 years ago.*
- D. *But many people like to think that it was real.*

34. Which statement would not be included in a good summary of this article?

- A. *Plato first told the story of Atlantis in two essays written in about 360 B.C.*
- B. *Atlantis is said to have been destroyed by a natural disaster.*
- C. *Most scientists doubt that Atlantis ever really existed.*
- D. *Poseidon was the powerful god of the sea.*

35. You know this selection is nonfiction because

- A. *it is about the exploits of Greek gods and half gods.*
- B. *it has an interesting title that catches readers' attention.*
- C. *it gives information on where the legend of Atlantis originated.*
- D. *it is lively and fun to read.*

36. The author wants to add this information to the article.

A number of explorers claim to have found remnants of Atlantis. None of these claims has stood up under scientific examination. In which paragraph would this detail be the best fit?

- A. *paragraph 1*
- B. *paragraph 2*
- C. *paragraph 3*
- D. *paragraph 4*

37. The second paragraph is mostly about

- A. *when Atlantis existed.*
- B. *where the city of Atlantis was located.*
- C. *who the people of Atlantis were.*
- D. *Plato's account of Atlantis.*

38. Who was Plato?

- A. *a character from Greek mythology*
- B. *an early Greek storyteller*
- C. *a Greek philosopher*
- D. *a traveler who claimed he had visited Atlantis*

39. According to Plato, where was Atlantis located?

- A. *in North America*
- B. *on islands in the sea*
- C. *near ancient China*
- D. *in Greece*

40. According to Plato, the island of Atlantis

- A. *was only a mythical place.*
- B. *disappeared beneath the sea.*
- C. *was the home of the gods.*
- D. *still existed during his lifetime.*