**Core Nonfiction Reading 1 Review Test**

**Book 1 Units 1-4**

**A. Match the word to its meaning**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | length | a. | to remain strong against something |
| 2. | resist | b. | one of the things that cause something to happen |
| 3. | contribute | c. | a set of signs that passes information from one person to another |
| 4. | code | d. | the amount of time something lasts |
| 5. | factor | e. | to help cause a result |

**B. Chose the best answer to complete the sentence.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| explore | imaginary | exposure | instinct | appealing |

1. Superheroes are \_\_\_\_\_\_\_\_\_\_\_\_ because they have even bigger problems than we do but still manage to succeed.

2. You can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ these caves.

3. Sometimes life can be boring, and we need something \_\_\_\_\_\_\_\_\_\_\_\_ to make it more interesting.

4. True learning comes from repeated \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to new experiences.

5. Humans and animals have a natural survival \_\_\_\_\_\_\_\_\_\_\_\_\_.

**C. Read and choose right answer.**

**Living Right to Live Long**

We all want to live long lives. Some things we have control over and others we do not. Certain choices affect our health. (1) **Knowing what is healthy** for our bodies is the key to living a long life.

Our genetic *codes* play a part in how long we live. They can either increase or decrease the length of our lives. Some people (2) **naturally resist diseases** that could kill them, while others are more likely to have problems such as cancer or heart disease.

(1) Recent studies, however, have shown that how we live our lives might be more important than genetics. Most things about our health are within our control. Scientists have found that many factors contribute to long and healthy lives. For instance, eating a balanced diet of foods which are low in (2) fat and sugar lessens the risk of heart disease and cancer. (3) Exercising can also (3) **reduce body fat** and strengthen our hearts. In addition, exercising helps us to feel better physically and mentally. Positive daily choices make a difference in how long we live.

Simply not doing certain negative things can also greatly improve our health. Smoking, (4) **eating too much food,** and drinking too much alcohol, coffee, and soft drinks are all unhealthy. (4) Stress and lack of sleep are also bad for us. Once in a while, these things will not hurt us, but they can when done too often.

The choices that we make from day to day are important. They can either add or subtract years from our lives. Living longer is a choice!

|  |  |
| --- | --- |
| 1. What do some people’s genetic codes allow them to do? Which **bold phrase** shows the answer? | |
| a. 1 | b. 2 |
| c. 3 | d. 4 |
| 2.\_\_\_\_\_\_\_\_\_\_ can make our hearts stronger. Which underlined phrase shows the answer? | |
| a. 1 | b. 2 |
| c. 3\* | d. 4 |

**D.** **Read and choose the right answer.**

**The Cave of the Crystals**

In 2000, two miners in Naica, Mexico made an incredible discovery. As they were trying to dig a new tunnel, they found a cave with some of the largest crystals ever found. The beautiful, clear crystals are made of a type of mineral called selenite. They grow from the cave floor and walls in all directions. The biggest crystal is twelve meters long and four meters wide. It weighs fifty-five tons! This amazing place became known as the Cave of the Crystals.

Crystals are a special type of solid. Their smallest pieces join together in a pattern. As a result, they form specific shapes. For example, salt is a crystal. If you look at it closely, you will see that it is made up of perfect cubes. Other examples of crystals include sugar and diamonds.

The crystals in Naica were able to grow so large because of the cave’s unusual environment. The cave was not disturbed by people or the weather for 500,000 years. It has water that is full of minerals. And it is very hot. The temperature is about 58 degrees Celsius. Scientists say this environment is perfect for crystals to grow in.

It is difficult to tour the Cave of the Crystals. Because of the heat, people can only visit it for a few minutes. Also, the mining company that owns the cave wants to keep the crystals safe. Therefore, it does not allow many tours. Only a few people have been lucky enough to see the Cave of the Crystals with their own eyes.

1. Why does the author mention salt?

a. To give an example\*

b. To describe the cave

c. To explain why crystals grow

2. It is hot inside the Cave of the Crystals.

a. True\*

b. False

3. Not many people have been able to tour the cave.

a. True\*

b. False

**Core Nonfiction Reading 1 Review Test**

**Book 1 Unit 5-8**

**A. Match the word to its meaning**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | average | a. | very pleasing or appealing |
| 2. | charming | b. | needing or requiring care or help |
| 3. | needy | c. | ordinary or usual |
| 4. | urgency | d. | to experience pain, illness, or injury |
| 5. | suffer | e. | the feeling that something is very important and needs immediate attention |

**B. Chose the best answer to complete the sentence.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| stimulating | donate | overnight | tense | secure |

1. We felt more \_\_\_\_\_\_\_\_\_\_\_\_\_ in our house after installing an alarm system.
2. The magazine was so popular that it became a(n) \_\_\_\_\_\_\_\_\_\_\_\_ success.
3. Doctors \_\_\_\_\_\_\_\_\_\_\_\_ many different talents, not just their medical talents.
4. Red attracts customers, but it may also make them feel \_\_\_\_\_\_\_\_\_\_\_\_.
5. Zoos are educational and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for people.

**C. Read and write the correct answer.**

**Do Colors Make You Spend More?**

If you walk into any mall, you will notice a rainbow of different colors. It is well known that colors affect our emotions. Stores often use this knowledge to influence how shoppers spend their money. In fact, there are even experts who help stores use color to make people spend more.

Experts have taught stores a variety of ways to get shoppers to open their wallets. Black makes things look classy. Many makeup products are packaged in black so that shoppers who buy them will feel special. Purple reminds people of *royalty*, and it is also used to package beauty products. It makes the buyer **believe the item is important**.

Other colors make people **feel safe**. For example, blue makes people feel secure. This is why many banks have blue logos. It also makes customers more loyal. White is similar. It brings out feelings of *honesty and purity*.

Pink makes people feel calm. It is known to help relax tense muscles. Red, however, has the opposite reaction. Although red may attract *customers*, it is related to a sense of urgency. This is why many clearance sale signs are red.

Bright colors, such as green and orange, have positive effects on people. Green makes people **think about nature** and doing good things for the planet. Orange makes shoppers **feel that something is a good value**. Fast food logos are often orange because buyers feel they are getting more *food* for their money.

No matter where you shop, it is important to be aware before opening your wallet. By knowing how colors are used, people can prevent stores from controlling how they spend their money.

1. Choose one among **bold phrases**.

Banks often use colors that make people \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Choose one among underlined phrases.

What color makes people feel more relaxed?  
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Choose one among phrases *in italics*.

White makes people feel loyal because it reminds them of \_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**D.** **Read and write down the correct answer.**

**Better Zoos**

Zoo animals can suffer from stress, boredom, unhappiness, loneliness, and abuse. All of these things affect animals’ health. Some of the better zoos around the world have noticed these problems and are working to fix them. Here are some of the ways zoos can try to improve.

First, cages and fenced-in areas need to be spacious and(1) **fun**. People want to see the animals up close, but the animals need to be able to move around. They also need to live like they would in nature. For example, apes need things to climb on, and otters need water to swim in. Zoos can make forests, trails, and rivers for some of their animals. Imagine apes climbing above you and otters swimming beside you. Zoos can also build unique viewing areas for people, like tree houses and underground paths.

Socialization is another (2) **important** issue. Zoo animals should not be kept alone. Wild monkeys live in big groups, and so should zoo monkeys. Animals of different species that live together in the wild should live together in zoos, too. It is (3) **stressful** for social animals to be alone.

Zoos should also be interesting for the animals, not just for visitors. They need games and treats to keep them happy. Animals move around a lot in the wild. They see new things and use their brains. Zoo animals need that, too. So, it is important for them to have games, balls, puzzles, and mazes.

Zoos are educational and (4) **stimulating** for people, and they should be that way for the animals inside them, too. Zoos should work hard to keep their animals healthy and happy!

1. Choose among the **bold phrases.**

It is \_\_\_\_\_\_\_\_\_\_\_ for social animals to be alone.

2. What can zoos provide for people?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. What helps animals in zoos use their brains?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Core Nonfiction Reading 1 Review Test**

**Book 1 Unit 9-12**

**A. Match the word to its synonym.**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | at least | a. | to keep track of |
| 2. | rural | b. | connected with or related to |
| 3. | monitor | c. | the smallest amount possible; not less than |
| 4. | associated | d. | in the country; not near a city |
| 5. | well-established | e. | created or built long ago and still here because it is successful |

**B. Chose the best answer to complete the sentence.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| accurate | decade | pace | intensity | protein |

1. Certain foods have \_\_\_\_\_\_\_\_\_(e)s that boost memory and thinking.

2. It is important for a detective to be \_\_\_\_\_\_\_\_\_\_\_\_ in recognizing liars.

3. In the US, the number of farmers’ markets has grown a lot over the past few \_\_\_\_\_\_\_\_\_\_\_\_(e)s.

4. A high-\_\_\_\_\_\_\_\_\_\_\_\_\_\_ workout will make you sweat a lot.

5. Walking at a fast \_\_\_\_\_\_\_\_\_\_\_\_\_ for ten minutes three times a day is good exercise.

**C. Read and write the correct answer.**

**Making Better Lie Detectors**

Most people can spot a liar about half of the time. Half the time, they are right. Half the time, they are wrong. Flipping a coin can give the same accuracy.

Some people need a better way to detect liars. Detectives and psychologists shouldn't rely on guesses to decide when people are lying. When they are working, they need to be able to spot criminals and liars. Can a person be trained to better detect lies? This question has led to some interesting experiments.

In one experiment, police officers were trained in a special school over several months. A class in this school taught them how to watch for cues from liars. These cues came from the liar’s speech and actions. By the end of the training, the group of officers had 65% accuracy in spotting liars in videotapes.

In another experiment, psychologists had six hours of training. Like the officers’ training, it taught the psychologists what cues to look for when people lied. Then they watched videotapes to practice spotting liars. In a test after the training, the group was more accurate at detecting liars than the trained officers were.

People naturally have a bias toward believing others. Machines are never biased. But are they any good at detecting liars? The oldest lie detectors monitored people’s blood pressure, sweat, and eye movements. Today, scientists have machines that can look at the brain. How accurate are these new machines? Some scientists say that lie-detecting technology today is accurate 89% of the time.

1. Police officers were trained to detect liars through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Why are two experiments described?

­­­­­­­­­­­­­­­­­­­­ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. Who or what is probably the most accurate at detecting liars?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**D.** **Read and Choose T or F**

**Locally Sourced Foods**

The average food item travels over 2,000 km from producer to consumer. All of that travel takes time. So, fresh items that travel long distances need to be picked early. Fruits or vegetables picked early do not taste as good as ripe ones. They are not as healthy, either. An alternative is processed foods. These may have chemicals in them that harm our bodies.

In comparison, locally sourced food items do not travel so far. On average, locally grown fruit or vegetables travel only about 80 km from farm to table. Such food items can ripen more before being picked. They do not usually need processing, either. As a result, these foods are a healthier choice.

Locally sourced food items are not just healthy. They are also better for the environment. Less travel means less fuel used to ship foods. This adds up to less energy use and less pollution created by the food supply chain.

People are not the only ones benefitting from shorter food supply chains. A decade ago, restaurants that served locally sourced food were not easy to find. They are more common now. Still, not every restaurant does it. The Chipotle fast food chain does, though. Chipotle tries to buy locally sourced ingredients where possible. This is not a factor for everyone when choosing a fast food restaurant. But it is a factor for some people, and that benefits Chipotle.

|  |  |
| --- | --- |
| 1. Vegetables picked early are better for you than ripe ones. | T / F |
| 2. Chipotle is a fast food restaurant that uses locally sourced ingredients. | T / F |
| 3. Locally source foods usually need some processing. | T / F |

**Core Nonfiction Reading 1 Review Test**

**Book 1 Unit 13-14**

**A. Match the word to its definition.**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | nowadays | a. | liked or enjoyed by many people |
| 2. | graphics | b. | the money a business makes |
| 3. | repair | c. | to fix; to put back into good condition |
| 4. | popular | d. | at the present time; recently and in the near future |
| 5. | profit | e. | pictures or images on the screen of a computer, television, etc. |

**B. Chose the best answer to complete the sentence.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| colony | arcade | repair | technology | complex |

1. The forest was the perfect place to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ boats and build houses.

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ games were most popular in the 1970s and 1980s.

3. Video games have become more and more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Companies knew that this \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ called interactive gaming would become very popular.

5. why the Vikings left their new \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so soon.

**C. Circle T or F.**

**The Origin of “10,000 Steps”**

The average person might only take a few thousands steps per day. The rest of the day is spent sitting. This may include sitting in a car or bus. Or it may mean sitting at a desk in a school or office. Of course, sitting does not burn many calories. When people consume more calories than they burn, they put on weight. In fact, in order to lose weight, a person should burn at least 600 more calories than he or she consumes per day.

In the 1960s, Dr. Yoshiro Hatano studied this issue in Japan. In his research, Dr. Hatano found that the average person walked between 3,000 and 5,000 steps per day. He found this information by using a small device that measured each step a person took during the day. Dr. Hatano then suggested that people should aim for more daily steps to improve their health. There happens to be a particular word in Japanese for the number 10,000. The word is man. That number became an easy target for the number of steps to take in a day.

The device used in Dr. Hatano’s research became known as the “manpo-kei” (10,000-step meter). When the device was exported from Japan, the idea of targeting 10,000 steps per day went with it. As a result, active people around the world now aim for 10,000 steps in their daily lives.

|  |  |
| --- | --- |
| 1. To lose weight, you have to burn at least 600 more calories than you eat. | T / F |
| 2. Dr. Hatano found that most people don’t take more than five thousand steps a day. | T / F |
| 3. Dr. Hatano’s idea has spread around the world. | T / F |

**D.** **Read and write the correct answer.**

**Bold Viking Explorers in the New World**

Have you ever gone exploring without a map? The Vikings, an ancient group of warriors from Norway known for exploring by boat, did just that. The Vikings were the first Europeans to land in North America, arriving almost five hundred years before Columbus. They became the first known Europeans to settle in Newfoundland, Canada, in 1000 CE. Their settlement came to be called L’Anse aux Meadows.

A Norwegian explorer discovered the area in 1960. He was interested in Norse culture outside of Norway. Over the next eight years, an international team of archaeologists dug up the site. They found strange bumps under the ground that were part of an old wall. After digging more, they found eight houses. Inside, they discovered things used to make clothing. They also found workshops for carpentry and metalworking.

Nowadays, L’Anse aux Meadows sits in the middle of a large grass plain. However, when the Vikings landed, they would have discovered a forest. This was a perfect place to repair boats and build houses. Archaeologists believe that as many as one hundred people lived there at the time.

This settlement may have lasted three to ten years. No one knows why the Vikings left this new colony. Archaeologists believe it was because of conflicts with the native people. There may have been fighting for resources or land. Whatever the reason, the Vikings soon went back east.

L’Anse aux Meadows was named a UNESCO World Heritage Site in 1978. It is important because it was the first evidence of Europeans in North America. Today, many people visit the site to learn how early explorers lived.

1. Who discovered the Viking settlement in Newfoundland?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. The settlers of L’Anse aux Meadows were important because they \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. The Vikings probably left L’Anse aux Meadows because of  
 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Core Nonfiction Reading 1 Review Test

Book 1 Units 1-4

A.

d

a

e

c

B.

appealing

explore

imaginary

exposure

instinct

C.

1.b

2.c

D.

1.a

2.a

3.a

Book 1 Unit 5-8

A.

c

a

b

e

d

B.

secure

overnight

donate

tense

stimulating

C.

1. feel safe

2. Pink makes people feel more relaxed.

3. honesty and purity

D.

1. stressful

2. underground paths

3. games, balls, puzzles, and mazes

Book 1 Unit 9-12

A.

1. c
2. d
3. a
4. b
5. e

B.

protein

accurate

decade

intensity

pace

C.

1. speech and actions

2. To show which kind of training was more effective

3. machines that look at the brain

D.

1. F

2. T

3. F

Book 1 Unit 13-14

A.

d

c

e

a

b

B.

repair

Arcade

complex

technology

colony

C.

1.T

2.T

3.T

D.

1. a Norwegian explorer

2. conflicts with the native people

3. Europe