

Reading Comprehension questions

1. True or false? You bones will be strong if you exercise once.
2. Write two ways exercise improves the mind.
3. Exercise and what else can make our bones strong?
4. How can exercise help your brain?
5. Which word is used to describe how you get rid of calories?
6. What is your immune system?

Answers

1. True
2. Exercise helps the mind because it improves concentration and helps you sleep better.
3. Exercise and calcium will make your bones strong.
4. It gets more oxygen flowing into your brain.
5. The word “burn” describes how we get rid of calories.
6. Your immune system stops you getting sick.