

Read the text and answer the questions.

Let's Move

Michelle Obama's Campaign

Let's Move! First Lady Michelle Obama launched the "Let's Move" campaign on February 9, 2010. This campaign was created to bring attention to and end childhood obesity in the United States. The initiative has the goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.

"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake." – Michelle Obama

The Let's Move campaign centers on five steps that will help youth today lead a healthier lifestyle.



Step 1: Move Everyday - A minimum of 60 total minutes of physical activity per day for every single kid will get him or her moving in the right direction. They will feel better, be less stressed, more attentive in school, and get a better night sleep, all because of one hour of physical activity.

Step 2: Try a New Fruit or Veggie - There are thousands of fruits and vegetables available that most kids have never tried. Fruits and veggies are important for a healthy diet and kids can have more fun eating them by trying new things. Let your kids come grocery shopping with you and pick out their own fruits and veggies to try, turning a healthy lifestyle into something fun for them. Make a challenge to make the most colorful salad possible which will increase the number of nutrients they will get from it.

Step 3: Drink Lots of Water – Keep less soda in the house and increase the consumption of water. Only purchase 100% real fruit juice. If the kids want something similar to a soda then add a splash of juice into some sparkling water.

Step 4: Jumping Jacks to Break up TV Time - The statistics for how much television kids watch per day is very high, but it is also a good opportunity to make some big changes. Try doing jumping jacks during commercial breaks and in between shows. Same thing goes for kids that spend all day on the computer, have them run up and down the stairs, do sit-ups or push-ups, stretch, or come up with their own physical activities to break up the time in front of a computer screen.

Step 5: Help Make Dinner - Plan the daily dinner menu with your kids. If it is made into a fun experience that they have some say in, they will not just learn about making healthy choices, they will be excited to do so.

1

What is the central idea of the Let's Move campaign?

- (A) A campaign to help increase exercise in day to day life.
- (B) A campaign to help the youth of America lead a healthier lifestyle.
- (C) A campaign about eating a healthier diet.
- (D) A campaign to help families eat healthier meals at dinner time.

2

Read the following quote from the text.

"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake." – Michelle Obama

Based on the quotation we can conclude that –

- (A) Michelle Obama will help other countries around the world become healthier.
- (B) our country will have a better future if generations to come are healthier.
- (C) generations to come will be safer due to the success of the campaign.
- (D) the future of the United States depends on the physical activity of future generations.

3

Read the following sentence from the text.

Keep less soda in the house and increase the consumption of water.

What does the word consumption **most likely** mean? Select **two** options.

- A drinking
- B quickly
- C swallow
- D discontinue
- E wash
- F stop

4

This question has two parts. First, answer part A. Then, answer part B.

Part A

What inference can be made after reading the text?

- Ⓐ The United States has a childhood obesity problem.
- Ⓑ The United States eats healthier food than other countries.
- Ⓒ The United States has a more physically active population.
- Ⓓ The United States made laws mandating a healthy lifestyle.

Part B

Which sentence from the text **best** supports your answer in part A?

- Ⓐ There are thousands of fruits and vegetables available that most kids have never tried.
- Ⓑ The initiative has the goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.
- Ⓒ A minimum of 60 total minutes of physical activity per day for every single kid will get him or her moving in the right direction.
- Ⓓ The statistics for how much television kids watch per day is very high.

5

Which of the following is **not** a fact expressed in the passage?

- Ⓐ Michelle Obama launched the “Let’s Move” campaign on February 9, 2010.
- Ⓑ Try doing jumping jacks during commercial breaks and in between shows.
- Ⓒ Kids can have more fun eating healthy by trying new things.
- Ⓓ Keep less soda in the house and increase the consumption of water.

6

Which theme below **best** fits the overall notion of the campaign?

- (A) Things at first are not always as they appear.
- (B) When it comes to health actions speak louder than words.
- (C) Government rules are put in place to help protect us.
- (D) Making changes for your health can lead to a better future.

7

Read the following sentence from the text

First Lady Michelle Obama launched the “Let’s Move” campaign on February 9, 2010.

What is a campaign?

- (A) To work in an organization and active way toward a particular goal.
- (B) A series of military operations intended to achieve a particular objective.
- (C) The competition by rival political candidates and organizations for public office.
- (D) To race toward an end goal you have previously set up to try and achieve.

8

Summarize the Let’s Move Campaign. Use key details from the text to support your summary.

9

What is the author's purpose in writing this passage?

- Ⓐ The author describes to the reader how to eat healthily.
- Ⓑ The author informs the reader about what healthy food to buy.
- Ⓒ The author entertains the reader with an exciting new way to exercise.
- Ⓓ The author persuades the reader to make healthy changes.

10

Which of the following is the author's claim?

- Ⓐ Let's get up and move.
- Ⓑ We can try to end childhood obesity.
- Ⓒ There are easy steps to a healthier life.
- Ⓓ Keep less soda in the house.