

7th Grade Reading Comprehension

Read the following passage and answer the questions below.

"The Science of Sleep"

Sleep is essential for our health and well-being, yet many people do not get enough sleep. Sleep allows the body to repair itself, consolidate memories, and release hormones that regulate growth and appetite. Without enough sleep, we can become irritable, have trouble concentrating, and be more susceptible to illnesses. The stages of sleep include light sleep, deep sleep, and REM (Rapid Eye Movement) sleep. REM sleep is the stage where we dream, and it is important for emotional regulation and memory. During deep sleep, the body repairs muscles and tissues, and the immune system is strengthened.

Different age groups require different amounts of sleep. Teenagers, for example, need about 8-10 hours of sleep per night because their bodies are still growing and developing. However, many teens do not get enough sleep due to early school start times, homework, and social activities. This lack of sleep can negatively impact their academic performance and overall health.

To improve sleep, it is important to establish a regular sleep schedule, create a relaxing bedtime routine, and avoid caffeine and electronics before bed.

By prioritizing sleep, we can improve our mental and physical health.

Questions:

1. Main Idea: What is the main idea of the passage?

- a) The different stages of sleep
- b) The importance of sleep and how to improve it
- c) The role of REM sleep in memory

2. Detail: According to the passage, what happens during deep sleep?

- a) The body consolidates memories
- b) The body repairs muscles and tissues
- c) The body experiences vivid dreams

3. Inference: Why might teenagers struggle to get enough sleep?

- a) Because they don't enjoy sleeping
- b) Because they have early school start times and busy schedules
- c) Because they do not need as much sleep as adults

4. Vocabulary: What does the word "consolidate" mean in the context of the passage?

- a) To gather and combine
- b) To forget and discard
- c) To separate and distribute

Reading And Writing Support Grade 7 The Language Of Literature

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Reading And Writing Support Grade 7 The Language Of Literature:

The Everything Parent's Guide to Common Core ELA, Grades 6-8 Jill Mountain, 2015-11-06 Take the mystery out of Common Core ELA If you are a parent struggling to understand the new Common Core English Language Arts standards for your child you re not alone Even though the Common Core ELA has been adopted by 45 states across the nation if you re accustomed to traditional English courses you may be having a hard time understanding what your kids are bringing home from school and why The Everything Parent s Guide to Common Core ELA Grades 6 8 can help With easy to understand examples comprehension tips and practice exercises this comprehensive guide will explain What your child will be learning in 6th 7th and 8th grade The types of books and passages your child will be reading The new requirements and the rationale for reading nonfiction texts The focus on finding evidence and formulating arguments The reasoning behind the Common Core English Language Arts standards This valuable reference book will give you the confidence to help your kids meet the ELA expectations for their grade level excel at school and prepare for high school and beyond Resources in Education ,2001

Educational Research Document Summaries Educational Research Information Center (U.S.),1966 **Directory of Distance Learning Opportunities** Modoc Press, Inc.,2003-02-28 This book provides an overview of current K 12 courses and programs offered in the United States as correspondence study or via such electronic delivery systems as satellite cable or the Internet The Directory includes over 6 000 courses offered by 154 institutions or distance learning consortium members Following an introduction that describes existing practices and delivery methods the Directory offers three indexes Subject Index of Courses Offered by Level Course Level Index Geographic Index All information was supplied by the institutions Entries include current contact information a description of the institution and the courses offered grade level and admission information tuition and fee information enrollment periods delivery information equipment requirements credit and grading information library services and accreditation **Spotlight on Literacy** ,1997 Reading textbook series organized by thematic units utilizes award winning unabridged trade book literature to teach reading and language arts competency to students grades K 6 *North Dakota Elementary Courses of Study with Suggested Daily Program and Organization for Rural Schools Issued by the Department of Public Instruction* North Dakota. Department of Public Instruction,1929 *Spotlight on Literacy: Pupil edition* ,1997 Reading textbook series organized by thematic units utilizes award winning unabridged trade book literature to teach reading and language arts competency to students grades K 5

New York State Education Department Bulletin ,1924 **Pacesetters in Innovation** United States. Office of Education,1966 Information on Projects to Advance Creativity in Education in the form of a compilation of planning and operational grants **Pacesetters in Innovation** ,1966 **Paperbound Books in Print** ,1991 **Carr V. Koch** ,2011

Minority Populations in Canadian Second Language Education Katy Arnett, Callie Mady, 2013-08-21 Until now the picture painted of French second language learning in Canada has tended to focus on successful French immersion This

volume offers a broader representation in response to the demographic changes that have made the French language classroom a more complex place Focusing on inclusion and language maintenance the chapters discuss how a multilingual population can add the two official languages to their repertoire whilst maintaining their languages of origin heritage how the revitalization of Indigenous languages can best be supported in the language classroom and how students with disabilities can be helped to successfully learn languages Memories to Keep ,1997 Reading textbook series organized by thematic units utilizes award winning unabridged trade book literature to teach reading and language arts competency to students grades K 6 **El-Hi Textbooks & Serials in Print, 2005** ,2005 Research in Education ,1969 □□□□□□□□□□
 □ Frank Joseph Shulman,Anna See Ping Leon Shulman,2001-01-01 A descriptively annotated multidisciplinary cross referenced and extensively indexed guide to 2 395 dissertations that are concerned either in whole or in part with Hong Kong and with Hong Kong Chinese students and emigres throughout the world *Otto E. Miller, Plaintiff-Respondent, Against Fred W. Smythe, Defendant-Appellant* , **User's Guide for the Information Center on Education, New York State Department of Education, Basic Educational Data Systems Personnel Master File, 1968-1981** ,1993 **Current Index to Journals in Education** ,2001

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