

NAME:

DATE:

## Reading Comprehension

Read and understand the text below. Then answer the questions following it.

Sleeping is good for your health. Children should sleep for 8 to 10 hours every night. When you have a complete sleep, your body gets stronger, and your memory becomes sharper.



### Guide Questions:

1. **What is good for your health?**

- a. Sleeping      b. Watching TV      c. Playing Video Games

2. **How many hours of sleep should you get every night?**

- a. 4 to 6 hours      b. 6 to 8 hours      c. 8 to 10 hours

3. **What happens if you have complete sleep?**

- a. Your body will become stronger  
b. Your memory will become sharper  
c. Both a and b