



Main Idea & Supporting Details

Name: _____

Date: _____

Grade: Grade 1

Part A: Read and Answer

Eating healthy food helps your body grow strong. Fruits like apples and bananas give you energy. Vegetables like carrots help your eyes. Milk makes your bones strong. Drinking water keeps you from getting sick. It is important to eat healthy foods every day. Read the passage. Then answer the questions.

1. What is the main idea of the passage?

- A) Apples taste good.
- B) Healthy food helps your body.
- C) Carrots are orange.
- D) Water is cold.

2. Which is a supporting detail from the passage?

- A) Pizza is yummy.
- B) Milk makes your bones strong.
- C) Dogs eat bones.
- D) The sky is blue.

3. What do fruits like apples and bananas give you?

- A) Sleep
- B) Energy
- C) Homework
- D) Toys

4. Which sentence is NOT a supporting detail in the passage?

- A) Carrots help your eyes.
- B) Milk makes bones strong.
- C) Ice cream is sweet.
- D) Water keeps you well.

5. The main idea tells what the whole _____ is about.

6. Vegetables like _____ help your eyes.

7. Drinking _____ keeps you from getting sick.

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