# Read Grade 1 Informational Text

Grade 1 Reading Worksheet - Challenge Me

Name _____ Date _____

Read the text. Circle the answer.

READ THIS FIRST

## Sleep

Children need sleep to grow. At night, the body rests. Most first graders sleep about ten hours every night.

1. What is this text mostly about?

   what to eat at lunch  why we need sleep  how to play at night

2. Which sentence is true?

   The body rests at night.  The body eats at night.  The body runs at night.
   The body plays at night.

3. Which sentence is also true?

   Children sleep only in the day.
   Children never sleep.
   Children sleep about ten hours.
   Children sleep about two hours.

4. Which sentence matches the text?

   Children need sleep to grow.
   Children need sleep to swim.
   Children need sleep to shrink.
   Children need sleep to fly.

5. Which sentence is true about this text?

   The body works hard at night.
   The body rests at night.
   The body eats lunch at night.
   The body runs a race at night.

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Answer Key - Grade 1 Reading Worksheet - Challenge Me

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