Main Idea and Supporting Details

Grade 4 Reading Worksheet

Name _____ Date _____

Read the text. Circle the answer to each question.

READ THIS FIRST

Eating a Rainbow

Fruits and vegetables give your body vitamins. Oranges have vitamin C, which helps cuts heal. Carrots have vitamin A, which helps your eyes see in dim light.

They also have fiber. Fiber helps food move smoothly through your stomach. Apples, beans, and broccoli all have a lot of it.

Eating many colors is a smart goal. Red peppers, green peas, and purple grapes each give something different. A colorful plate helps your body get what it needs.

1. What is the main idea of the whole text?
   Fruit tastes sweet. Carrots help eyes. Fiber moves food. Eat many colors.

2. What is the main idea of paragraph 1?
   They give vitamins. They come in colors. They have fiber. They taste sweet.

3. Which detail supports the main idea of paragraph 1?
   Milk helps bones. Grapes are purple. Carrots help eyes. Beans have fiber.

4. What is the main idea of paragraph 2?
   They come in colors. They heal cuts. They have fiber. They give vitamins.

5. Which detail supports the main idea of paragraph 2?
   Carrots help eyes. Oranges heal cuts. Milk helps bones. Beans have fiber.

6. What is the main idea of paragraph 3?
   They are crunchy. Colors help you. They give vitamins. They have fiber.

7. Which detail supports the main idea of paragraph 3?
   Plates are big. Carrots help eyes. Grapes are purple. Beans have fiber.

8. Which detail does not belong in this text?
   Carrots help eyes. Grapes are purple. Beans have fiber. Pencils are wood.

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Answer Key - Grade 4 Reading Worksheet

Read the text. Circle the answer to each question.

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Fruits and vegetables give your body vitamins. Oranges have vitamin C, which helps cuts heal. Carrots have vitamin A, which helps your eyes see in dim light.

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1. What is the main idea of the whole text?

   Fruit tastes sweet. Carrots help eyes. Fiber moves food. **Eat many colors.**

2. What is the main idea of paragraph 1?

   They give vitamins. They come in colors. They have fiber. They taste sweet.

3. Which detail supports the main idea of paragraph 1?

   Milk helps bones. Grapes are purple. **Carrots help eyes.** Beans have fiber.

4. What is the main idea of paragraph 2?

   They come in colors. They heal cuts. **They have fiber.** They give vitamins.

5. Which detail supports the main idea of paragraph 2?

   Carrots help eyes. Oranges heal cuts. Milk helps bones. **Beans have fiber.**

6. What is the main idea of paragraph 3?

   They are crunchy. **Colors help you.** They give vitamins. They have fiber.

7. Which detail supports the main idea of paragraph 3?

   Plates are big. Carrots help eyes. **Grapes are purple.** Beans have fiber.

8. Which detail does not belong in this text?

   Carrots help eyes. Grapes are purple. Beans have fiber. **Pencils are wood.**