Main Idea and Supporting Details

Grade 4 Reading Worksheet - Challenge Me

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. Eat many colors. Fiber moves food.

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

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

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

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

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

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

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

Scan to get this marked free. No screen time for your child.
Print it · do it in pencil · scan it · PencilGo picks the next sheet.

Main Idea and Supporting Details

Answer Key - Grade 4 Reading Worksheet - Challenge Me

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. **Eat many colors.** Fiber moves food.

2. What is the main idea of paragraph 1?

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

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

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

4. What is the main idea of paragraph 2?

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

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

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

6. What is the main idea of paragraph 3?

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

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

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

8. Which detail does not belong in this text?

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