Main Idea and Supporting Details

Grade 4 Reading Worksheet - Building Confidence

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?
   Eat many colors. Fruit tastes sweet. Carrots help eyes.

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

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

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

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

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

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

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

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Answer Key - Grade 4 Reading Worksheet - Building Confidence

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