

**Week Five
Answer Key**

English 11th and 12th

**Desoto County
Schools**



ANSWER KEY > Self-Care

by Set to Go • 2019

1. PART A: Which statement best expresses the central idea of the text? RI.2
 - A. Not everyone has time for self-care, but it's important to try.
 - B. Self-care involves avoiding unhealthy food, stress, and risky situations.
 - C. Some people's bodies respond better than others to self-care strategies.
 - D. **Responding to bodily signals and practicing self-care strategies can improve physical and mental health.**

2. PART B: Which detail from the text best supports the answer to Part A? RI.1
 - A. "As young children, our parents, family, and caretakers make most of our health decisions for us." (Paragraph 4)
 - B. **"But, like other machines, [the body] needs proper fuel (nutrition), rest (sleep) and maintenance (exercise) to function properly. Without attention to these basic needs, the machine can become less efficient and you can get sick."** (Paragraph 5)
 - C. "People who are sleep deprived typically have trouble doing fairly simple things they can usually handle – like writing or driving." (Paragraph 6)
 - D. "So on the one hand, it is great to find ways to have some fun and explore new people, places, and activities." (Paragraph 13)

3. What is the author's main purpose in the text? RI.6
 - A. to teach readers how to set self-care goals
 - B. **to teach readers some strategies for self-care**
 - C. to reassure readers about the decisions they're making
 - D. to reassure readers that they don't have to think much about self-care

4. What connection does the author draw between sleep and simple tasks? RI.3
 - A. They both require focus and dedication.
 - B. They both seem very difficult because life is so busy.
 - C. **Getting too little sleep can make simple tasks very difficult.**
 - D. Getting enough sleep means there are fewer simple tasks to do.

5. How do the self-care strategies detailed in the text lead to improved physical and mental health? Cite evidence from the text in your response. RI.3

Answers will vary; students should discuss self-care strategies such as balanced nutrition, adequate sleep, exercise, and responding to bodily signals as ways to improve mental and physical health. The author explains, for example, "We need fluids to move materials about in our bodies (through our bloodstream) and electrolytes to allow our nerves and muscles to fire" (Paragraph 7) and appeals to readers to avoid drinking too much caffeine. Sleep can also contribute to mental and physical health. The author details the many benefits of sleep, saying, "Good sleep improves learning, concentration, memory, mood, attitude, energy, digestion, and heart health; it promotes growth, performance, and your safety" (Paragraph 6). The author also explains that exercise can have direct benefits on physical health and can improve one's energy and stamina. This can help when challenges arise! Overall, the author explains that there are many strategies that can improve physical and mental health in general and specific ways.



ANSWER KEY > Help-Giving

by Set to Go • 2019

1. PART A: What is the central idea of the text? RI.2
 - A. Going behind a friend's back can end a friendship because a peer might feel betrayed.
 - B. Teens are not advised to give their peers guidance or advice because they are not trained professionals.
 - C. **Help-giving is an important life skill for teens to develop as they turn to their peers for guidance and advice.**
 - D. Noticing non-verbal cues is the most important way for teens to recognize that their peers are seeking help.

2. PART B: Which detail from the text best supports the answer to Part A? RI.1
 - A. "As human beings, we are dependent on connections with others for our happiness, as well as our emotional and physical health." (Paragraph 3)
 - B. "As young people, when we begin to communicate more with others, we learn when and when not to speak." (Paragraph 6)
 - C. **"You don't need to be a trained mental health professional to recognize and do something for a friend who is struggling." (Paragraph 9)**
 - D. "You might feel bad about going behind a friend's back to talk about their private struggles, and you might worry that you'll ruin a friendship by 'ratting them out.'" (Paragraph 12)

3. What does the phrase "dealing with it" mean as it is used in Paragraph 9? RI.4
 - A. participating in an activity
 - B. **taking action to solve the problem**
 - C. giving ownership to someone else
 - D. distributing an item equally or fairly

4. What is the author's purpose in paragraph 12? RI.6
 - A. **to reassure readers to trust their instincts when deciding to help a friend**
 - B. to argue the importance of telling an adult when a friend has a problem
 - C. to provide readers with steps for helping a friend in need
 - D. to persuade readers to respect the privacy of peers

5. How does the author view the idea of positive non-verbal communication? RI.3

Answers will vary; students should discuss how, in paragraph 8, the author describes nonverbal communication as "meaning that comes from the unspoken, such as facial expressions, gestures, and body postures," before going on to detail that positive non-verbal communication means "focusing on the person in front of us." The author then gives examples of how this can be demonstrated, by describing how we can "shift our bodies so that we are facing the person we are listening to, looking them straight in the eye, and putting down our phones!" Finally, the author illustrates the positive effects of these non-verbal cues by detailing how this will cause the person who is talking to "feel as if they are being respected, listened to, and have your support."

ENGLISH

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|-------|-------|-------|
| 1. B | 26. J | 51. D |
| 2. F | 27. A | 52. G |
| 3. D | 28. G | 53. A |
| 4. G | 29. A | 54. F |
| 5. C | 30. H | 55. D |
| 6. J | 31. C | 56. F |
| 7. C | 32. F | 57. C |
| 8. G | 33. D | 58. G |
| 9. A | 34. J | 59. C |
| 10. H | 35. C | 60. H |
| 11. B | 36. J | 61. B |
| 12. J | 37. C | 62. H |
| 13. D | 38. H | 63. A |
| 14. H | 39. A | 64. J |
| 15. B | 40. H | 65. B |
| 16. F | 41. D | 66. H |
| 17. B | 42. G | 67. B |
| 18. J | 43. A | 68. J |
| 19. B | 44. F | 69. D |
| 20. J | 45. C | 70. G |
| 21. A | 46. G | 71. C |
| 22. J | 47. B | 72. F |
| 23. D | 48. J | 73. C |
| 24. G | 49. C | 74. G |
| 25. A | 50. J | 75. A |