

Reading Tip

Forming your own mental images will help you remember what you read.

Target Your Reading

Use this to focus on the main ideas as you read the chapter.

- 1 Before you read** the chapter, respond to the statements below on your worksheet or on a numbered sheet of paper.
 - Write an **A** if you **agree** with the statement.
 - Write a **D** if you **disagree** with the statement.
- 2 After you read** the chapter, look back to this page to see if you've changed your mind about any of the statements.
 - If any of your answers changed, explain why.
 - Change any false statements into true statements.
 - Use your revised statements as a study guide.

| Before You Read A or D | Statement | After You Read A or D |
|---------------------------|--|--------------------------|
| | 1 Foods with many Calories have few nutrients. | |
| | 2 Proteins primarily form and maintain bones. | |
| | 3 Carbohydrates usually are the main sources of energy for your body. | |
| | 4 You can live longer without water than without food. | |
| | 5 Most Americans do not eat enough fruits and vegetables. | |
| | 6 Enzymes digest foods. | |
| | 7 Digestion of some food begins and ends in the mouth. | |
| | 8 Water is absorbed into your blood mostly in your small intestine. | |
| | 9 Chewing is a type of mechanical digestion. | |
| | 10 Bacteria that live in your large intestine produce vitamin D. | |