

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.	