

Reading Tip

As you read, use other skills, such as summarizing and connecting, to help you understand comparisons and contrasts.

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 Fats usually are the main sources of energy for your body.	
	2 You can live longer without water than without food.	
	3 Enzymes in the esophagus help digest foods.	
	4 Bacteria in the large intestine produce vitamin D.	
	5 Water absorption occurs mostly in the small intestine.	
	6 Air enters and leaves your body when your diaphragm contracts and relaxes.	
	7 The exchange of oxygen and carbon dioxide happens in the bronchi.	
	8 Breathing is the same as respiration.	
	9 Your kidneys function as waste filters for your blood.	
	10 Your skin is part of your excretory system.	