

**READ THE PASSAGE** As you read, pay attention to the title and the headings.

### Wild Diet Crazes

Watching what you eat and getting plenty of exercise can be difficult. Many wild diets claim to help people lose weight quickly or in miraculous ways. Here are some unusual diet crazes from the past.

#### The Tapeworm Diet

In the early 1900s, dieting ads appeared for pills containing tapeworms. Tapeworms are parasites that can live in a person's digestive system. The belief at the time was that the tapeworms would consume some of the food that was in a person's digestive tract, which would cause the person to lose weight. There was no evidence to support this idea, but there was plenty of evidence showing that tapeworms were dangerous. They made people sick and could even cause death.

#### Diet Sunglasses

Sunglasses with dark blue lenses do not protect your eyes from the glare of the sun, but from the attraction of ice cream. The idea behind this Japanese invention is that if food looks disgusting, people will eat less of it. Do you think people would drink fewer vanilla milkshakes if they looked dark blue? Since they were invented in 2008, thousands of shoppers each year have answered yes.

#### Ear Stapling

This diet, first introduced in 2000, is a real pain. Dieters have a staple put in their ear cartilage, which is the stiff, flexible part of the outer ear. This is supposed to decrease their appetite. Whether or not this is true, the dieters can definitely get an infection or even suffer nerve damage.

**STRATEGY PRACTICE** How do the headings help organize the passage?

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**SKILL PRACTICE** Read each question. Fill in the bubble next to the correct answer.

- The order of diet crazes mentioned in the passage from oldest to most recent is \_\_\_\_\_.
  - tapeworms, sunglasses, ear stapling
  - tapeworms, ear stapling, sunglasses
  - ear stapling, tapeworms, sunglasses
  - sunglasses, ear stapling, tapeworms
- Which detail supports the idea that tapeworms were dangerous?
  - They were sold in the early 1900s.
  - They ate food in digestive systems.
  - They caused people to get sick.
  - They were eaten in pills.
- Because of the risk of nerve damage and infection, the author believes that \_\_\_\_\_.
  - ear stapling is worth the risk
  - dieting has many side effects
  - some diets can affect your senses
  - ear cartilage should not be stapled
- A person who is easily affected by the color of food might try which way to lose weight?
  - tapeworms
  - ear stapling
  - diet sunglasses
  - exercising

**READ THE PASSAGE** Think about the evidence the author presents to support the ideas in the passage.

### Babe: Could It Really Happen?

In Dick King-Smith's novel *Babe: The Gallant Pig*, a pig herds sheep better than dogs do. Could that happen in real life? Are pigs as smart as dogs? According to Farm Forward, an advocacy group for sustainable family farms, pigs can do anything dogs can. In support of this conclusion, they point out that the makers of the movie *Babe* did not use any tricks in making the film. They just taught the pig to do the things that they wanted it to do.

How intelligent are pigs? Pretty smart, according to Dr. Stanley Curtis of Penn State University. The scientist taught pigs to play a video game by operating the joystick with their snout. Remarkably, they learned the game more quickly than chimpanzees. Giving human gamers a run for their money, the pigs hit their game targets 80% of the time! Farm Forward also tells of a successful study in which pigs were taught to adjust thermostats.

One pig farmer claims that a sow (a mother pig) in a pen with her piglets kept mysteriously escaping from the enclosure. After finding the lonely sow and her piglets back out with the herd several times, her keepers installed a spring-loaded latch, which could be opened only by pressing a ring and lifting a hook. The sow and piglets kept getting out—always when their keepers were not looking. Finally, the keepers hid behind a shed and watched. After looking to see that no one was watching, the sow depressed the ring by biting it, and then raised the hook. If a sow can figure out how to unlatch a gate while no one is looking, herding sheep is a piece of cake.

**STRATEGY PRACTICE** How does the author organize the information about pigs?

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**SKILL PRACTICE** Read each question. Fill in the bubble next to the correct answer.

- Which source for pig intelligence would scientists be *least* likely to trust?
  - the results of pig training for the movie *Babe*
  - the results of Dr. Curtis's experiment
  - the study that taught pigs to adjust thermostats
  - the statement from the pig farmer with the sow
- Just before opening the latch, the sow \_\_\_\_\_.
  - escaped from the enclosure
  - rejoined the herd
  - checked for people watching
  - hid behind a shed
- Why did the sow unlatch the gate?
  - to escape from the farmer
  - to be with the herd
  - to find her piglets
  - to find food
- The evidence in the passage proves the author's idea that \_\_\_\_\_.
  - pigs are clever, social animals
  - more movies should include pigs
  - farmers do not need to watch all of their animals
  - chimpanzees are better at games than humans

**READ THE PASSAGE** Pay close attention to the organization of the passage.

### Grinding Grain Through the Middle Ages

Grinding grain between millstones to produce flour is an ancient practice. Grain, the basis of bread, has always been a very important crop. Grinding grain by hand using millstones was extremely time-consuming. As the population grew and needed more grain, waterwheels came into use around 100 BC to harness the energy of moving water. They helped turn the stones to grind, or “mill,” the grain. This was the first use of technology that was not human- or animal-powered. It was the beginning of industrial production. A waterwheel could do the work of 30 to 60 people!

While waterwheel-powered mills greatly benefited those who lived near rivers or oceans, they were not convenient for people who cultivated land that was not near flowing water. Around 1180, the first European windmills appeared, using wooden posts and stones to grind the grain. By the 1200s, windmills were popping up all over Europe.

The first windmill design had one problem—if the wind changed direction, the miller had to turn the entire millhouse to catch the wind. By the end of the Middle Ages, brick and stone tower windmills appeared. Instead of having to turn the entire millhouse when the wind turned, a miller could turn just the cap, or top, of the windmill, making work easier.

These technological advances were just the start, eventually leading to steam power, which fueled the Industrial Revolution. Each advance made life a little easier and freed people up to make better use of their time. They could even stop to enjoy the tasty bread made from milled grain!

**STRATEGY PRACTICE** Which structure did the author use to relate the history of windmills? Why was it useful?

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**SKILL PRACTICE** Read each question. Fill in the bubble next to the correct answer.

1. What need led to the development of the waterwheel?  
Ⓐ a growing population  
Ⓑ too much running water  
Ⓒ a shortage of millstones  
Ⓓ better access to rivers
2. What led to the invention of the windmill?  
Ⓐ There was too much wind in the fields.  
Ⓑ People had too much free time.  
Ⓒ Bread became a more popular food.  
Ⓓ People wanted to grow grain away from rivers.
3. What caused a problem for early windmills?  
Ⓐ post design  
Ⓑ lack of water  
Ⓒ wind direction  
Ⓓ too much wind
4. Which of these was an effect of industrial production?  
Ⓐ People could spend less time doing difficult tasks.  
Ⓑ The climate in Europe became windier.  
Ⓒ Millers and bakers lost their jobs.  
Ⓓ The amount of steam increased.

**READ THE PASSAGE** Think about how each event in vaccine development helped make the next step possible.

### The History of Vaccines

Few people enjoy getting shots at the doctor's office. But many of these shots are important vaccines that help prevent us from getting certain diseases or types of infection.

Vaccines got their start in Europe in the 1720s, when a British woman named Lady Mary Wortley Montagu was visiting Turkey. She saw Turkish doctors purposefully inoculating, or infecting, people with small amounts of smallpox. Smallpox is a painful, deadly disease that had no cure at the time. But Lady Montagu was amazed that the patients not only recovered, but then proved to be immune to the disease!

Lady Montagu quickly returned to England, excited to share this new procedure. But inoculation took many years to catch on. One problem was that no one had a precise way of inoculating people safely. Occasionally, patients would become fully infected and then begin spreading the disease. However, inoculation eventually saved enough people for it to become the common practice for preventing smallpox.

Some years later, a scientist named Edward Jenner discovered that people who had been infected with a disease called cowpox became resistant to smallpox. Cowpox was much less harmful than smallpox. Jenner convinced doctors to inoculate people with cowpox, which led to a very safe vaccine and far fewer outbreaks of smallpox. Finally, a French scientist named Louis Pasteur realized that Jenner's idea could be used to treat other diseases. Since then, vaccines have been made for many other diseases, such as polio, tetanus, and rabies.

Today, scientists and doctors continue to create new vaccines that could potentially save millions of lives worldwide.

**STRATEGY PRACTICE** Draw a timeline that shows the sequence of events in the passage.**SKILL PRACTICE** Read each question. Fill in the bubble next to the correct answer.

- Vaccines were first used by \_\_\_\_\_.
  - Edward Jenner
  - Lady Montagu
  - Turkish doctors
  - Louis Pasteur
- What happened after Edward Jenner discovered a connection between cowpox and smallpox?
  - Louis Pasteur used Jenner's idea to make vaccines for other diseases.
  - Lady Montagu brought the idea to England.
  - Cowpox became much less harmful than smallpox.
  - Inoculations became common in England.
- Edward Jenner improved medical science because he \_\_\_\_\_.
  - was immune to smallpox
  - inspired Lady Montagu
  - helped improve the smallpox vaccine
  - discovered a disease called cowpox
- What is the main idea of the passage?
  - Edward Jenner discovered that cowpox was similar to smallpox.
  - Multiple vaccines were created after the smallpox vaccine.
  - Turkish patients were treated with early forms of vaccines.
  - The first successful vaccines were created over many years.

**READ THE PASSAGE** Look for important details about the Cowal Highland Gathering.

### The Great Games of Scotland

Every August in the Scottish town of Dunoon, over 3,500 people travel from across the world to compete in the Cowal Highland Gathering. Like a cross between a music festival and the Olympics, the Cowal Highland Gathering features musical events, a dancing competition, exhibition tents, local food, and sporting events. Supporters of the gathering say events such as this are important for celebrating Scottish culture.

For over 100 years, pipers have competed for top honors at Cowal. Pipe bands and solo performers play the traditional Scottish instrument—the bagpipe. Fans of the event say the music is breathtaking. However, critics say that when all the bands perform as a single group—with over 3,000 pipers—it sounds like every goose in Scotland has flown to Dunoon to complain of a bellyache.

The Cowal Highland Gathering is also home to the Scottish Highland Dancing National Championships. Hundreds of dancers in kilts and ornately patterned socks jig, fling, and leap for the honor of being the country's best dancer.

Sports fans also flock to the Cowal Highland Gathering. Tossing the caber, a log approximately 19 feet long, is a popular Scottish sport. Men and women who compete heave the huge log end-over-end to make it land as straight as possible. The traditional wrestling event also sees participants from around the world.

From dancing to piping to tossing giant logs, the Cowal Highland Gathering is one of Scotland's most entertaining and popular summer events.

**STRATEGY PRACTICE** Why do you think the author chose to organize the passage this way?

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**SKILL PRACTICE** Read each question. Fill in the bubble next to the correct answer.

- What is the passage mostly about?
  - what the dancers wear
  - the many kinds of events
  - how to toss a caber
  - what the music sounds like
- Because a caber is a 19-foot log, people who toss it must be \_\_\_\_\_.
  - fast
  - popular
  - Scottish
  - strong
- Some people say the Cowal Highland Gathering is important because it \_\_\_\_\_.
  - celebrates Scottish culture
  - determines Scotland's best dancers
  - features a bagpipe competition
  - showcases many events
- Where can you find evidence that not everyone appreciates the Cowal Highland Gathering?
  - first paragraph
  - second paragraph
  - third paragraph
  - fourth paragraph