

Name _____

Date _____



USING A TABLE OF CONTENTS

The Table of Contents in a book lists the title, number and page numbers of all the chapters in a content book. They can be used to find information quickly.

USE THE TABLE OF CONTENTS BELOW TO ANSWER THE QUESTIONS:

YOUR HEALTH AND YOU

1. About Your Body and How it works	18-36
2. Eating Healthy Foods For Health	37-59
3. Safety and You	60-75
4. Guarding Against Disease	76-92
5. Health and Our World	93-108
6. Exercise and Health	109-123

1. How many chapters are in this book?

- a. 5
- b. 6
- c. 3
- d. none of these

2. What is the title of the third chapter?

- a. Exercise and Health
- b. Health and Our World
- c. Safety and You
- d. none of these

3. What pages can you find information about how to guard against disease?

- a. 109-123
- b. 60-75
- c. 37-59
- d. 76-92

4. What chapter has information on how your body works?

- a. chapter 3
- b. chapter 6
- c. chapter 1
- d. chapter 5