

Name _____ Date _____

USING A TABLE OF CONTENTS

The Table of Contents in a book lists the number, the title, and the first page number of each chapter in a content book. The table of contents can be used to find information quickly.

USE THE TABLE OF CONTENTS IN THE BOX BELOW TO ANSWER THE QUESTIONS.

YOUR HEALTH AND YOU	
1. Introduction to Health.....	1
2. About Your Body and How It Works	18
3. Eating the Right Foods for Health.....	37
4. Safety and You	60
5. Guarding Against Disease	76
6. Health and Our World	93
7. Exercise and Health	109

- How many chapters are in this book?
 - 3
 - 7
 - 109
 - none of these
- What is the third chapter about?
 - exercise
 - food
 - safety
 - disease
- On what pages can you find information about how to guard against disease?
 - 109-123
 - 60-75
 - 37-59
 - 76-92
- Which chapter has information on how your body works?
 - chapter 2
 - chapter 4
 - chapter 1
 - chapter 6

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