

AMI
Day
One

Saving the Elephants

by ReadWorks



volunteers at an elephant sanctuary helping elephants cool down

The country of Thailand is known for many things: its beaches, its food, its happy people (it's sometimes called "The Land of Smiles"), and of course, its elephants. The northern part of Thailand is famous for numerous camps, which tourists can visit to interact with the animals. However, there are two drastically different types of camps in the country: those built for entertaining tourists, and those built for saving elephants. The latter are typically called sanctuaries, as they usually rehabilitate animals that have been beaten and tortured at tourist camps.

Even before these tourist camps became popular, elephants suffered at the hands of humans in Thailand and all over Asia. According to the Thai Elephant Conservation Center, elephants were often used for logging prior to 1989, when the government banned the practice. Local farmers would force elephants to haul heavy logs long distances, resulting in many animal injuries and sometimes even deaths. When it became illegal for Thais to use elephants for logging, some turned to other industries to exploit these animals. Elephants became extremely popular in tourism, as visitors from around the world are often enthralled by animals they normally do not get to see.

Mahouts, or elephant trainers, can make relatively large sums of money by offering elephant rides or teaching their elephants to do complex tricks. Paintings by elephants became very popular around 2008, when a video was posted online of a baby elephant using its trunk to hold a paintbrush and paint strokes across a blank canvas. Camps around Thailand began to train their own elephants to do the same, resulting in the increased exploitation of the gentle animal. The Conservation Center says that more than half of Thailand's 3,000 or so elephants likely work in the tourism industry.

5. What is the main idea of the passage?

- A. While many tourist camps in Thailand mistreat elephants, many other tourist camps treat elephants properly.
- B. Elephants have been mistreated by humans in Thailand since before tourist camps became popular.
- C. Elephants are popular in Thai tourism because tourists are enthralled by animals they normally do not get to see.
- D. Many tourist camps in Thailand mistreat elephants, but elephant sanctuaries are working to rehabilitate and protect them.

6. Read these sentences from the text.

Local farmers would force elephants to haul heavy logs long distances, resulting in many animal injuries and sometimes even deaths. When it became illegal for Thais to use elephants for logging, some turned to other industries to exploit the animal.

Based on these sentences, what does the word "exploit" mean?

- A. to teach and train
- B. to take advantage of
- C. to help improve
- D. to give veterinarian treatment to

7. Choose the answer that best completes the sentence.

Paintings by elephants became very popular around 2008, when a video was posted online of a baby elephant using its trunk to hold a paintbrush and paint strokes across a blank canvas. Camps around Thailand began to train their own elephants to do the same, _____ the increased exploitation of the gentle animal.

- A. in spite of
- B. causing
- C. after
- D. because of

8. Some mahouts practice "phajaan" to domesticate elephants for camps. What does "phajaan" mean?

9. Why can "taxi seats" be a problem for elephants? Support your answer with evidence from the text.

10. Explain how the tourism industry in Thailand created a need for elephant sanctuaries. Support your answer with evidence from the text.

AMI
Day
Two

Where Does Your Food Come From?

by Kathiann M. Kowalski

Local VS. Long-Distance-Does It Matter?

Before you know it, spring will be on the way and more fresh fruits and veggies will be in stores. But what about the fresh fruits and vegetables we see in the stores right now? Where do those foods come from? Locally grown foods are a great choice when they're available, but are they really always better?

Why Buy Local?

Taste is the reason Ohio teen Allie M. says she prefers locally grown peaches to ones that might travel more than a thousand miles to the supermarket. "They have to pick them so unripe to ship them, so they don't spoil," says Allie. "They're not as good as they would be if you went to the farmers market during peak season and bought fresh peaches."

When fruits and vegetables taste better, you'll probably eat them more often. That's good, because the U.S. Department of Agriculture recommends filling half your plate with fruits and vegetables.

While there's no clear definition of what's local, most shoppers agree that produce grown nearby is fresher than foods that travel long distances.

Local foods can be more nutritious too. "The longer it takes for a food to go from the field to your plate, the more it may deteriorate in terms of nutrient content," explains Mary Lee Chin, a registered dietitian at Nutrition Edge Communications in Denver. "But a lot of it depends on many different factors." Soil conditions, fertilization practices, irrigation methods, and the specific plant varieties can all affect nutrient content.

"Handling is really critical," adds Chin. That includes everything that happens from harvest until foods reach your home. When fruits and vegetables are at peak ripeness and handled properly, the results can be both delicious and nutritious. But bruised, wilted, or overripe produce loses both appeal and nutrient value.

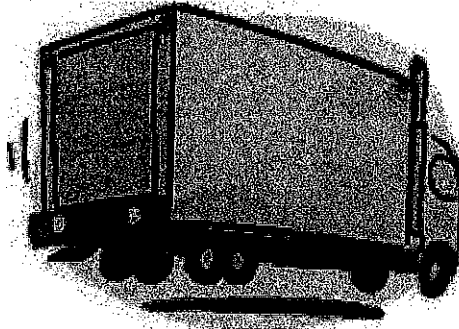
Buying local foods also lets shoppers support the local economy. That builds feelings of community. "You know who grows your food," says Allie.

Local farmers markets may spotlight produce that an area is famous for, such as Michigan cherries or Georgia peaches. You might also discover varieties not usually carried by supermarkets, such as some heirloom tomatoes or fresh herbs.

Some vendors sell only "organic" foods. Organic produce usually isn't more nutritious than other fruits and vegetables. To receive official certification, farms follow specific guidelines, such as not using certain pesticides or fertilizers. (Some farms don't go through the certification process but still may produce food according to organic practices.)

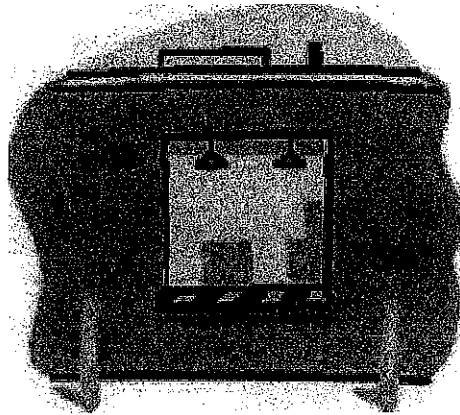
Energy usage is another environmental issue. Local foods travel a shorter distance to market, so less

Packaging or processing (1-2 days)



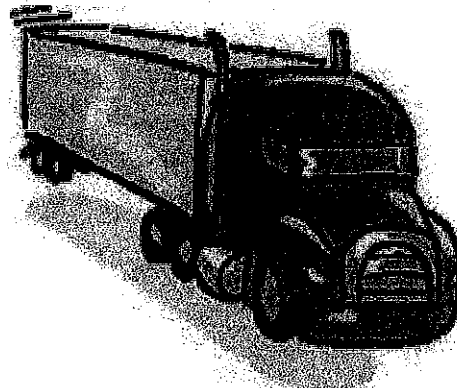
Dave Clegg

Onto a truck to go across the country (5-7 days)



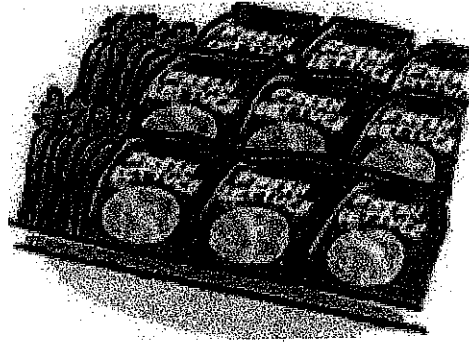
Dave Clegg

To a regional distribution center (1-2 days)



Dave Clegg

To another truck for delivery to a local supermarket (1 day)



Dave Clegg

On the supermarket shelves until purchase (1-4 days)

Cook It Safe!

Frozen food may spend days traveling so you can quickly "nuke" it when you're ready. But be sure you're doing it safely. Diane Van of the U.S. Department of Agriculture offers these tips for safe microwaving:

Know whether to use the microwave or the conventional oven. Not all frozen foods can be cooked safely in the microwave.

Know your microwave wattage before microwaving food. Lower-wattage ovens need more cooking time.

Read and follow cooking instructions. That includes waiting the full standing time listed on a package after the item comes out of the oven to ensure it's done cooking.

Always use a food thermometer to ensure a safe internal temperature. Grill marks or browning may make food appear cooked before it really is.

Name: _____ Date: _____

1. According to the passage, approximately how many buildings and vehicles would lettuce have to go through on the trip between a California farm and a Boston supermarket?

- A. four buildings and five trucks
- B. three buildings and three trucks
- C. three buildings and five trucks
- D. seven buildings and three trucks

2. Which of the following is an *argument* presented against buying local fruits and vegetables?

- A. Local farmers may spotlight a produce that an area is famous for.
- B. Local foods travel a shorter distance to market.
- C. Local produce is fresher than foods that travel long distances.
- D. Local farms cannot produce all of our favorite foods all year.

3. Which of the following actions would help a person avoid getting sick from contaminated produce?

- A. smelling produce before eating to make sure it is safe
- B. washing produce before eating
- C. cooking produce until it feels hot to the touch
- D. eating only food from a local farmer that the person knows

4. "'The longer it takes for a food to go from the field to your plate, the more it may deteriorate in terms of nutrient content,' explains Mary Lee Chin."

As used in the sentence, **deteriorate** most nearly means

- A. to improve
- B. to get worse
- C. to adjust
- D. to recover

5. This passage deals primarily with

- A. the length of time it takes to get lettuce from the farm
- B. the ways to keep your food safe
- C. the best procedure for using the microwave
- D. the local vs. long-distance food debate

6. What are three benefits that the passage gives for buying local fruits and vegetables?

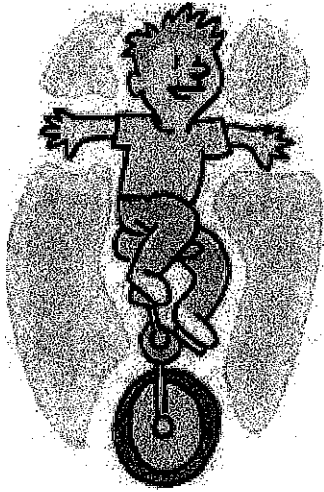
7. Why might "buying local" be easier in some places than others?

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Handling produce is critical _____ bruised, wilted, or overripe produce loses both appeal and nutrient value.

- A. therefore
- B. because
- C. so
- D. obviously

9. Which object has better transportation efficiency?



**AMI
Day
Three**

The Amazon Rainforest

by ReadWorks



The Amazon rainforest in South America is an amazing place. Filled with beautiful tropical flowers, towering trees, colorful parrots, and poisonous fish, it has some of the greatest levels of biodiversity of any region in the world. This means there are more different kinds of animal and plant species in this forest than in most other places. There are also many different kinds of human cultures that exist in this rainforest, from indigenous tribes to modern farmers. While all environments change over time, some scientists think that rapid human development is changing the Amazon too quickly. These changes are putting some plants, animals, and humans in danger.

The Amazon region, which stretches across the countries of Brazil, Peru, Columbia, Venezuela, Ecuador, Bolivia, Guyana, Suriname, and French Guiana (see map above), contains over half of the planet's remaining

rainforests. Rainforests are well-known for being great habitats for animals and plants, as they get a lot of water, which all species need to survive. Today, the Amazon rainforest is home to 40,000 plant species, 2.5 million insect species, 378 reptile species, and 427 mammal species, including humans. You'd need a huge zoo to hold all the animals in this rainforest!

This remarkable rainforest region is also home to 400 different indigenous Amazonian tribes, many with their own unique languages and names, such as the Yanomami tribe and the Nukak tribe. Some tribes live in villages along the rivers in the Amazon rainforest, growing vegetables and fruits like corn, beans, and bananas. Others are "nomadic," which means they move from place to place. These tribes get food by hunting and fishing, using poison darts, bows and arrows, spears, or sometimes shotguns to catch their dinner. Some tribes have had ongoing contact with the outside world and access to Western doctors and healthcare; others have never been contacted by outsiders at all, since the center of the Amazon rainforest can only be reached by traveling along piranha-infested rivers.

Another important fact about the Amazon rainforest is its role in storing carbon dioxide for our earth. Since it contains so many trees, which absorb carbon dioxide the way we breathe oxygen, the rainforest acts like the lungs of our planet. And since carbon is a "greenhouse gas" that heats up our atmosphere, the Amazon helps to keep our planet cool by storing carbon in its plants. So, even though the Amazon is far away from many places in the world, it still plays an important role in our world ecosystem.

Unfortunately, many of the amazing plants, animals, and humans in the Amazon are under threat. People are using the Amazon to grow plants for humans, like bananas and sugar cane plants. Others are digging holes in the earth to look for oil or gas reserves. And still others are cutting down the trees for lumber. To do this, developers are building farms, roads, and factories in areas where rare plants and animals thrive. This is a big problem for several reasons.

First, these changes in the Amazon will decrease the biodiversity of the rainforest. This means there will be fewer rare plant and animal species living there, and some species may go extinct as their habitat changes. Second, as the plants and animals die, the indigenous peoples who depend on them for food will also suffer from hunger. Third, when outsiders travel through the area via roads, they bring new diseases that can kill the native peoples. Finally, as new farms and factories begin to replace the forests and villages in the Amazon, they will produce more carbon dioxide, and there will be fewer trees to absorb this gas. So everywhere in the world we may feel the loss of the rainforest as our planet heats up.

But there is good news. Many groups of volunteers, doctors, and environmentalists are teaming up to protect the Amazon. They are spreading the word to students like you about the plight of the rainforest and asking people to help. Some organizations are helping to buy up land so that it cannot be used for farming. Other organizations are fighting against the governments that want to build roads, arguing that they will endanger too many plant and animal species. And others are helping to provide medicine and healthcare to the indigenous tribes in the Amazon, to help these populations cope with the big changes in their habitat. Many hope that there is still a way to save the rainforest and all of the plants and animals inside it.

Name: _____ Date: _____

1. Why is the Amazon rainforest in danger?

- A. The rainforest has some of the highest biodiversity.
- B. Human development is changing the rainforest too quickly.
- C. The indigenous tribes have no contact with the outside world.
- D. It is home to 2.5 million insect species.

2. Trees are being cut down for lumber in the Amazon. In addition, new farms and factories are beginning to replace the forests and villages. What is an effect of this human activity?

- A. more carbon dioxide can be absorbed by the Amazon rainforest
- B. new diseases will be brought to the rainforest and harm indigenous tribes
- C. the planet's atmosphere will gradually begin to cool down
- D. less carbon dioxide is being absorbed by the Amazon rainforest

3. The indigenous tribes in the Amazon rainforest have different cultures and ways of life. What evidence from the passage best supports this statement?

- A. Some tribes are nomadic, while others are settled in one place.
- B. Indigenous tribes rely on native plants and animals for food.
- C. Different tribes have different names, like Yanomami and Nukak.
- D. Some tribes have no contact with the outside world.

4. Read the following sentences: "People are using the Amazon to grow plants for humans, like bananas and sugar cane plants. Others are digging holes in the earth to look for oil or gas reserves. And still others are cutting down the trees for lumber."

Based on this information, what is the main reason why humans are changing the Amazon rainforest?

- A. the preservation of rare plant and animal species
- B. bringing modern technology to indigenous tribes
- C. the desire for more resources
- D. minimizing carbon dioxide in the atmosphere

5. What is this passage mostly about?

- A. dangers faced by the Amazon rainforest
- B. how volunteers are working to save the rainforest
- C. how the rainforest can help moderate global warming
- D. biodiversity in the Amazon rainforest

6. Read the following sentences: "While all environments change over time, some scientists think that **rapid** human development is changing the Amazon too quickly. These changes are putting some plants, animals, and humans in danger."

What does "rapid" mean as used in this sentence?

- A. detailed
- B. expensive
- C. advanced
- D. very fast

7. Choose the answer that best completes the sentence below.

The Amazon rainforest is being threatened by human development; _____, many volunteers, doctors, and environmentalists are working to protect the rainforest.

- A. ultimately
- B. as a result
- C. namely
- D. after

8. What is one thing people are doing in the Amazon which is threatening the Amazon rainforest?

9. Explain how changes to the Amazon rainforest harm its indigenous tribes.

10. Explain how humans might be able to reduce the harm caused by changes to the Amazon rainforest.

**AMI
Day
Four**

Who Speaks for the Animals?

by Rachel Howard



It was just another hot day during a humid summer in New York City. The beaches were crowded with families, and the air-conditioned subways promised a welcome respite from the heat, that is, until a woman entered a northbound train just after midnight and was confronted by an odd smell. When she looked around the train, she noticed something lying on the floor under one of the seat banks. "I board a car that's not terribly full," she is reported by the publication *Gothamist* as saying, "and as soon as I enter, a stench hits my nose. It's not the typical...urine/trash smell...it's...fishy? I look down to the end of the car to see a dead shark on the floor."

Questions swirled online and in the news: Where did this shark come from? How had it gotten onto the subway? How had it died? It was a curiosity that stumped anyone who'd heard about the strange incident. Photographs popped up online of the gray creature, which was about four feet long. Spectators posed the shark in a variety of ways: one of the more popular images that circulated online was a photo of a MetroCard—a card allowing entrance to the subway—on the floor next to the shark, as if it had entered the subway voluntarily.

The Metropolitan Transit Authority (MTA), responsible for the care and maintenance of the New York City subway system, was luckily equipped to deal with the deceased shark. It is reported that at Queensboro Plaza, a major transportation hub, the MTA authorities ordered everyone off the train in order to handle the situation at hand. What to do with a dead shark? The MTA authorities disposed of the body.

Still, the questions remained unanswered. Even though the subway train was clean and fishy stench-free, many in New York continued to wonder what had happened to the shark and how it ended up on a subway. Due to the amount of attention the story received online and on television news, someone

was sure to come forward with the story of how the shark ended up taking a ride on the N train.

Some questions were finally answered when a woman recognized the shark in pictures from the subway as the same shark her kids had taken pictures of that same day, after it had washed ashore on Coney Island, a beach at the bottom tip of Brooklyn. Her neighbor's daughter had even picked up the corpse for a photograph. Images of the shark hanging in the air, held by a brown-haired girl in sunglasses, began to appear online, corroborating the woman's story.

Apparently the shark had washed ashore sometime in the afternoon, and it was already deceased. Beachgoers showed intense interest in the small shark, taking pictures and congregating around it for a time. After a while, someone picked it up and took it to Luna Park, the amusement park located just north of the beach at Coney Island. It was left on the ground by the old wooden roller coaster, when apparently someone else decided to take it home and instead, left it on the subway.

This incident brings a number of issues to light, not only about the shark and its death, but about the way city dwellers think of and act toward wildlife. To a certain extent, the appearance of a wild animal, even a dead one, is an exciting and unusual occurrence in a city. The desire to photograph it, play with it, even to take it home is, on some level, understandable—where else in a city of millions of people can one experience a creature from the marine wild in a similar way? Aquariums and zoos, in protecting the animals that live in their sanctuaries, rarely, if ever, allow visitors to handle the animals.

At issue too is the sad disregard for an animal's death that was exhibited by the people who played with its corpse. The question, "What would you do?" begs to be asked. We are told not to approach or ever touch a wild animal, even if it looks friendly. It could be carrying disease or ready to attack, no matter how sweet it appears to be. Why do we not have a similar approach to dead animals? When does it become okay to disturb wildlife? Even the photographs that were posted on the Internet in some way disturbed the death of the shark, who was taken all over the city rather than left on the beach and in the ocean where it belonged.

What remains to be seen is whether there will be any public outcry about the situation: who will speak for the animals?

Name: _____ Date: _____

1. What was found on the New York City subway?

- A. a jellyfish
- B. a dead shark
- C. a hamburger
- D. a bag of money

2. What does the author argue in the passage?

- A. Wildlife can be a distraction in New York City.
- B. The MTA should have disposed of the shark in a better manner.
- C. People should have taken pictures with the dead shark.
- D. People exhibited disregard for the shark's death.

3. Subway goers were surprised by and interested in the dead shark on the train. What details from the text support this statement?

- A. The shark was found on the N train.
- B. The MTA ordered everyone off the train so that they could dispose of the shark.
- C. People took pictures of the shark and posted them online.
- D. The shark was already dead when it had washed ashore.

4. Read the following sentences: "At issue too is the sad disregard for an animal's death that was exhibited by the people who played with its corpse. The question, 'What would you do?' begs to be asked."

How does the author feel about the treatment of the dead shark?

- A. unhappy
- B. indifferent
- C. supportive
- D. surprised

5. What is this passage mostly about?

- A. the Metropolitan Transit Authority
- B. wildlife near Coney Island
- C. the role of social media in the news
- D. a dead shark and how New Yorkers reacted to it

6. Read the following sentences: "Some questions were finally answered when a woman recognized the shark in pictures from the subway as the same shark her kids had taken pictures of that same day, after it had washed ashore on Coney Island, a beach at the bottom tip of Brooklyn. Her neighbor's daughter had even picked up the corpse for a photograph. Images of the shark hanging in the air, held by a brown-haired girl in sunglasses, began to appear online, **corroborating** the woman's story."

What does "**corroborating**" mean?

- A. imitating
- B. confirming
- C. destroying
- D. disproving

7. Choose the answer that best completes the sentence below.

We are told not to approach or touch a wild animal, _____ many people picked up the dead shark and played with it.

- A. yet
- B. so
- C. before
- D. namely

8. How did the dead shark get on the subway? Outline its route from the ocean to the subway train.

9. Why were spectators so interested in the dead shark?

10. Was it wrong for people to carry around the dead shark, play with its corpse, pose with it, and post pictures of it on the Internet? Why or why not? Support your answer with details from the text.

**AMI
Day
Five**

Animal Influence

by Chris Hayhurst

From trained therapy dogs to common house pets, animals can help us in many ways

It was just another school day in Albert Lea, Minn., but on this day, in this class, Jack* was in trouble. In the past, among his peers, Jack had difficulty controlling his emotions at school. Ask him a question, and he'd become flustered or angry; try to get him involved, and he'd just shut down. This day, unfortunately, was no different. As Jack's classmates began their latest group activity, as one kid after another seemed to need his attention, it was happening once again. Jack was about to blow.

As his temper began to flare, Jack rose from his seat. He walked up to his teacher and reached into his pocket. Then, slowly, he did it: He handed her a ticket.

"It's a way for him to cope when he feels upset," explains the school's social worker, Kim Anderson. "Instead of using words, he just gives that ticket to his teacher, and he can leave to go see Poet."

Poet? "He's my dog," says Anderson. "A golden retriever." Poet, in fact, is a registered therapy dog. While he lives with Anderson on her farm, and he loves cats and especially playing fetch, Poet also has a job. And on this particular day, when the steaming student came in with his ticket, he did it to perfection. "I have this quiet corner in my office with beanbag chairs," says Anderson. "And so he came in and sat down, and Poet went right over to him." Within 10 seconds, says Anderson, Jack was smiling. "Within 15 minutes, he was able to process the situation and talk about his feelings and return to class."

**Name has been changed.*

Paw Power

Poet's ability to heal-in this case, to help an upset student relax and talk-comes as no surprise to animal experts such as Gail Melson. "There is very good evidence that being with a calm and friendly dog lowers blood pressure and reduces feelings of stress," says Melson, a developmental psychologist and researcher at Purdue University in Indiana. "And when we reduce the stress in our lives, we're healthier." Well-behaved pets and trained therapy animals have the same effect, she says. "The animal doesn't really need to do anything. It's their presence that matters."



Courtesy Of Equi-kids Therapeutic Riding Program

Volunteers at EQUI-KIDS make riding safe for kids with special needs.

Therapy dogs, notes Melson, are used in all kinds of situations, from classrooms for the learning disabled to long-term care facilities where people receive personal and medical assistance around the clock. Even in school libraries, she says, trained dogs are increasingly being used to help self-conscious students feel comfortable reading aloud. With a dog by their side, explains Melson, the stress some students experience when they read in front of a teacher tends to just melt away. "Animals don't ask anything of you," she says. "There's that feeling of unconditional acceptance." House pets have a similar influence, says Melson. "They provide much of the same emotional and social support that we get from having people in our lives, like friends and family, who are close to us. We can't say that if you get sick a pet will help you recover faster. But it may make things easier, and in some respects it may do a better job than a person."

That has been Redmond, Wash., ninth grader Lulu T.'s experience exactly. Her Portuguese water dog, Daisy Mei, is a 30-pound fluff ball that Lulu describes as unbelievably gentle. Daisy Mei loves to cuddle, says Lulu, and is a great companion on days when she's feeling down, "especially after I do poorly on a test or something like that."

Six months ago, Lulu, Daisy Mei, and Lulu's father completed an intensive therapy-dog training program offered by a national organization called the Delta Society. Now, says Lulu, her favorite canine companion wears a badge that identifies her as an official therapy dog, and she and Daisy Mei spend at least one day a week visiting either special-education students at her school or elderly patients at a nearby hospital. "This one girl we saw, she would never smile, never talk," recalls Lulu. "And then one day I brought Daisy Mei in and everything changed-she started laughing; she told her to sit. It was amazing."

At the hospital, says Lulu, she's seen similar results. "We'll walk up to a person's bed, or to their chair, and Daisy Mei will just sit there, and I'll tell her it's OK to be pet by this person, and the patient will lean down and pet her and start talking and smiling. You can see the change in the patient right away-it's like this physiological response. It's really cool to watch."

"When you're with a loving animal," explains psychologist and animal-assisted therapy expert Aubrey Fine, "real biological changes take place." It doesn't matter whether it's a dog, a cat, or even a pet lizard, notes Fine, who is a professor at California Polytechnic State University. If you're in a comfortable setting, and an animal shows you affection, the effects will most likely be the same: reduced heart rate, reductions in a stress-related hormone called cortisol, and an increase in a happiness-related neurotransmitter chemical called serotonin. Those healthy changes-in addition to the kinds of changes that Lulu sees in all the

people Daisy Mei meets-happen thanks to the emotional bonds we experience with animals, says Fine. "Whether it's a trained therapy dog or your pet, it's that connection that matters."

Horse Help

At EQUI-KIDS Therapeutic Riding Program in Virginia Beach, Va., making that human-animal connection is the point; only here, the animals are horses, and the kids have special needs. Many are autistic, says program director Kathy Chitwood. "Others have cerebral palsy. Some have Down syndrome; some have had strokes or cancer or blood disorders. Some are developmentally delayed, and many are from the foster system."

The program uses 18 highly trained horses, says Chitwood. The smallest is a pony the size of a big dog, while the largest is a draft horse-a breed so strong it's often used to pull plows across fields. When students ride, they do so with the help of several assistants. "Side walkers" offer support for the rider from the ground on either side of the horse. Another person leads the horse by its reins. And then there's a physical therapist, an occupational therapist, or a speech therapist-a healthcare professional who guides the rider through special exercises tailored to his or her needs. For someone accustomed to being in a wheelchair, says Chitwood, sitting on a horse as it's led around a ring creates the sensation of walking. Riding also builds confidence and core strength, she says. And for autistic individuals especially, time with a horse improves their ability to respond to directions and to express their emotions. "One man told us he'd never seen his son smile before," says Chitwood. "And then he came here and rode on a horse, and he smiled-for the first time."

Get Involved

If you have a pet that you think would make a great therapy animal, start with the Delta Society. The group's Pet Partners program trains volunteers and their pets to visit libraries, schools, hospitals, and other facilities. The certification program that Washington teen Lulu T. and her dog, Daisy Mei, went through, Healing Paws, requires participants to receive 40 hours of training. It's a lot of work, says Lulu, but it's definitely worth it. "It's pretty intensive. You're in the class every day, and there are different scenarios you go through-interacting with patients, riding on elevators, those kinds of things. And then you get tested. It's hard, but it's also fun."

Learn more:

Delta Society (therapy, service, and companion animals): www.deltasociety.org

Professional association of Therapeutic Horsemanship International (equine- assisted therapy): www.pathintl.org

Name: _____ Date: _____

1. What biological effect is present when an animal shows a person affection in a comfortable setting?

- A. increase in the hormone cortisol
- B. decrease in the neurotransmitter serotonin
- C. decreased heart rate
- D. increased blood pressure

2. Which of the following statements *describes* a reaction that someone had to a therapy animal in the passage?

- A. A self-conscious student felt comfortable reading aloud.
- B. An elderly patient became sad and depressed.
- C. A student felt less relaxed and had difficulty controlling his emotions.
- D. A sick patient recovered faster from an illness.

3. Review the picture of the therapy horse and volunteer. What adjective could be used to best describe the volunteer?

- A. self-conscious
- B. rude
- C. caring
- D. impatient

4. Read the following sentence:

"Daisy Mei loves to cuddle, says Lulu, and is a great companion on days when she's feeling down, 'especially after I do poorly on a test or something like that.'"

The word **companion** means

- A. friend
- B. boss
- C. owner
- D. stranger

5. The primary purpose of this passage is to

- A. describe how a therapy animal helps people with many types of problems
- B. compare and contrast therapy animals with regular pets
- C. persuade schools to have a dog in the building for kids with special needs
- D. convince pet owners to take their dogs to therapy training to get certified

6. What effect can a therapy dog have on an upset student like Jack?

7. How might a therapy animal be able to give better emotional and social support than a person?

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Jack became flustered in class _____ he handed his teacher a ticket and visited the therapy dog, Poet.

- A. yet
- B. so
- C. because
- D. but