

English 8
Adrenalin: Your Body in Gear

Name: _____

BEFORE READING:

1. a) What do you know about the “Fight or Flight Response”? Suggest a situation where this might occur.
b) Describe a fight or flight situation you or someone you know was in. What did you believe was the best option in that situation? Why?
2. Preview the selection on pages 186-187 by looking at the text features. Use your prior knowledge to predict what type of text pattern this selection will follow.

DURING READING:

3. a) When you look at the layout of the selection, why do you think the title is “Adrenalin: Your Body in Gear”?
b) Read the *What is Adrenalin* section on page 186. Identify and define words that you are unfamiliar with.
c) What is the main idea of this section? How do you think the rest of the article will be related to this main idea?
4. a) After reading the first paragraph of *What Happens During an Adrenalin Rush?* explain what adrenalin and cortisol does when released into the body. Is this a key idea? How does it support the main idea?
b) Read the bulleted points. How do these points help you understand what happens during an adrenalin rush. If writing a summary of the article, would you include these points? Why or why not?
5. a) Read the *Side Effects* section on page 187. Explain why adrenalin would be released while you were watching TV. What is the main idea of this paragraph?
b) Keep in mind that high cholesterol is a major factor in heart attacks and strokes. Look at the flow chart on page 187. How does it help you understand the information? Would you include the flow chart in a summary of the article? Why or why not?
6. Read the running on empty section and explain the analogy the author is using. What is the key idea of this section?

AFTER READING:

7. Summarize this article by explaining the main message and the key points that support that message.