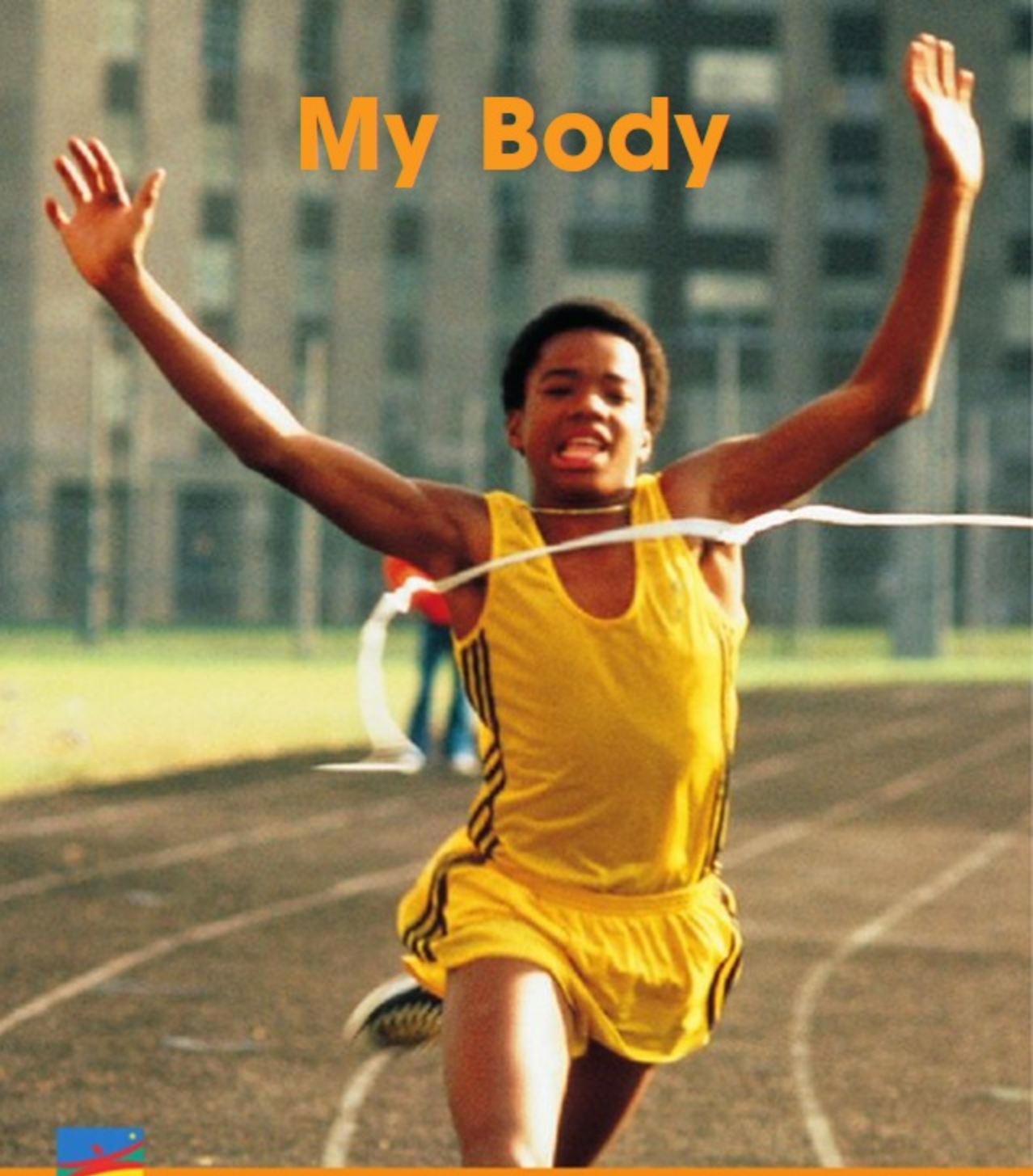
My Body



by Lola M. Schaefer

Level J/18 Word Count: 361*

The Big Idea

It is important to eat well and stay clean in order to maintain a healthy lifestyle.

Skills at a Glance

Comprehension
- Identify cause and effect

Phonics
- Long e digraphs (ee and ea) (beach, clean, eat, keeps, knees, meal, need, sleep, sunscreen, teeth)
- r-family blends (brush, drink, friends, grow, scrapes, strong)

Content Vocabulary
- Health words

Grammar/Word Study
- -ing ending (nouns)

Genre
- Narrative nonfiction

*Numerals are not included in the word count for this book.

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What are germs?



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For teachers' inspection ONLY

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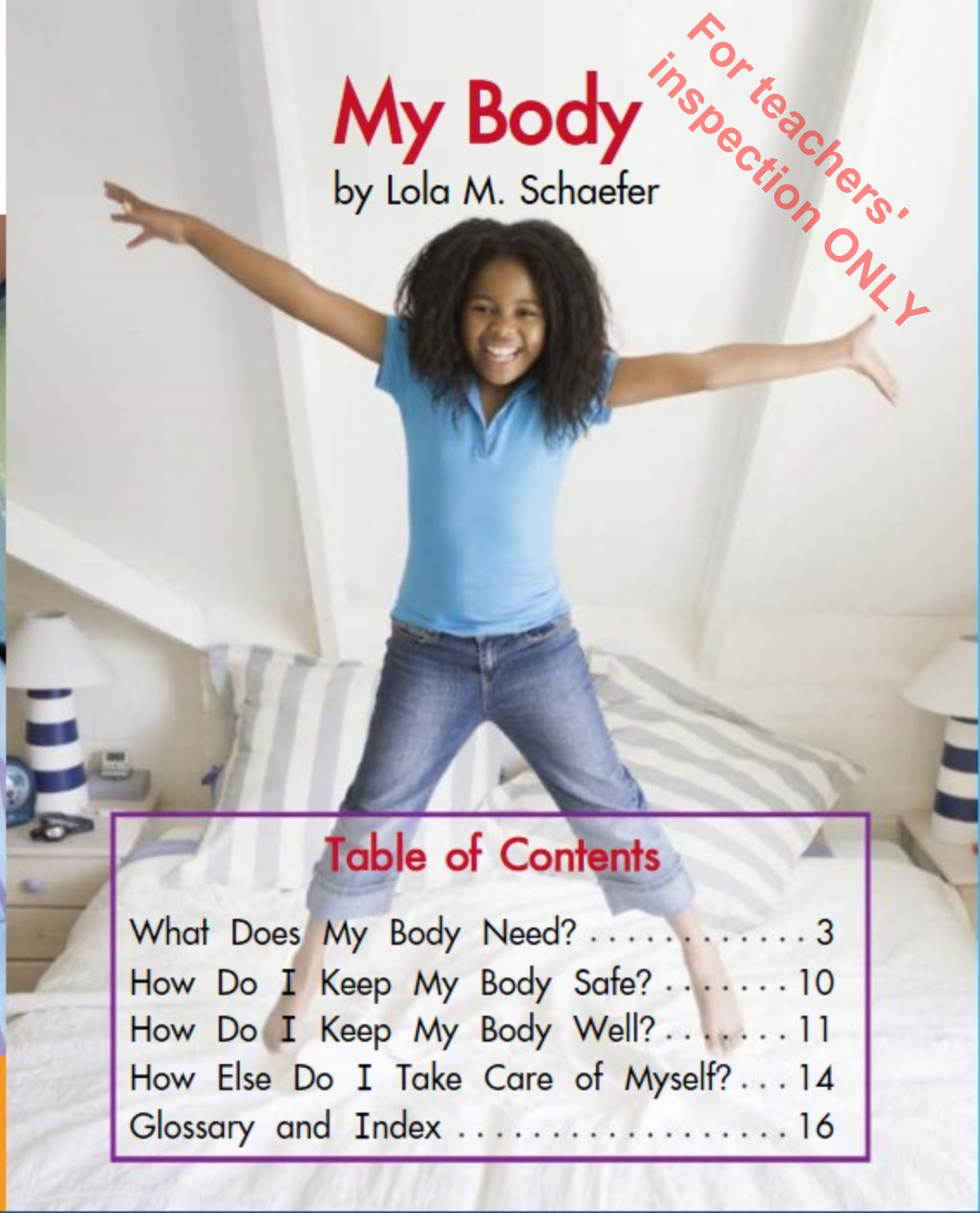


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I can run fast and jump high. I can ride my bike and race with my friends. I can do these things because I take care of my body.



What Does My Body Need?

My body needs sleep. I need ten hours of sleep each night. Sleep helps my body grow strong.



Children need two to six more hours of sleep than adults.

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My body should have clean teeth. I **brush** and **floss** my teeth after every meal. This keeps my teeth clean and white. Brushing helps fight **cavities,** too.



My body should be clean. I wash my body every day with soap and water. Washing with soap helps keep my body clean. Washing helps take away old skin and germs.



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My body needs food. I eat good food every day. Fruits, vegetables, and meat make me strong. Rice, noodles, and bread are good for me, too.





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