



Suffixes

Directions: Write the meaning of each suffix in the chart below.

SUFFIX	MEANING
-cy	
-ive	
<i>-ion/-sion/-tion</i>	
<i>-ward</i>	

Directions: Form new words with the suffixes. Then, write the definition of each new word.

1. collect + ion = _____

Definition: _____

2. sky + ward = _____

Definition: _____

3. detect + ive = _____

Definition: _____

4. normal + cy = _____

Definition: _____



Healthy You: Get Some Vitamin D

Many people are worried about sun exposure. It is true that too much sun can cause skin damage, skin cancer, and premature aging. But it's also true that sensible sun exposure is healthy. How can sunlight help your body?



Vitamin D is important for good health. It helps prevent some diseases and strengthens bones. Our bodies produce vitamin D with the help of sunlight. We need between ten and fifteen minutes of sunlight each day to make a healthy amount of vitamin D.

Sunlight can also reduce stress and help you sleep better. Too much stress and not enough sleep can lead to illnesses. So, a moderate amount of sun exposure has been shown to help you feel calm and keep you from getting sick.

Plus, sunlight affects our moods. Experts say that it is good for your state of mind to spend some time in the sun. Doing so can boost your mood and make you happier.

So, make some time to enjoy the sun! Just make sure you do it in moderation. You want your sun exposure to be healthy and not harmful. Remember to use sunscreen if you are in the sun for more than ten minutes. Your body will thank you!



Main Idea, Supporting Details, and Text Structure

Directions: Refer to the passage “Healthy You: Get Some Sun” as you complete this page. Answer all questions in complete sentences.

1. What is the main idea of this passage?

2. What are some supporting details in this passage?

3. What structure does the author use in this passage?

4. What three headings would you add to this passage?



Content Vocabulary

Directions: Read the vocabulary words. Then, find each word in the Glossary and write its definition.

1. nutrients

2. balanced

3. habit

4. lifestyles

5. resistance

6. maintaining



Directions: Think about today’s session. What is the most important thing you learned today? Write your ideas on the lines below. Make sure you begin each sentence with a capital letter and end each sentence with a punctuation mark.

5



Suffixes

Directions: Look at the suffix chart below. Then, underline the suffix in each word below.

<i>SUFFIX</i>	<i>MEANING</i>
-cy	<i>state or quality</i>
-ive	having the tendency to; having the function of
-ion/-sion/-tion	<i>the act or condition of being</i>
-ward	<i>in a specified direction</i>

1. upward
2. completion
3. protective
4. privacy
5. secrecy
6. expensive
7. homeward
8. expansion

Directions: Choose two words from above. Write a sentence for each word. Underline the word in the sentence.

1. _____

2. _____



Healthy You: Get Some Vitamin D

Many people are worried about sun exposure. It is true that too much sun can cause skin damage, skin cancer, and premature aging. But it's also true that sensible sun exposure is healthy. How can sunlight help your body?



Vitamin D is important for good health. It helps prevent some diseases and strengthens bones. Our bodies produce vitamin D with the help of sunlight. We need between ten and fifteen minutes of sunlight each day to make a healthy amount of vitamin D.

Sunlight can also reduce stress and help you sleep better. Too much stress and not enough sleep can lead to illnesses. So, a moderate amount of sun exposure has been shown to help you feel calm and keep you from getting sick.

Plus, sunlight affects our moods. Experts say that it is good for your state of mind to spend some time in the sun. Doing so can boost your mood and make you happier.

So, make some time to enjoy the sun! Just make sure you do it in moderation. You want your sun exposure to be healthy and not harmful. Remember to use sunscreen if you are in the sun for more than ten minutes. Your body will thank you!



Main Idea, Supporting Details, and Text Structure

Directions: Refer to the passages as you complete this page.

"Healthy You: Eating Right"	
Main Idea	
Supporting Details	
Structure	

"Healthy You: Exercise"	
Main Idea	
Supporting Details	
Structure	



Content Vocabulary

Directions: Using the context of each sentence, choose a vocabulary word that completes each sentence. You may refer to the Glossary, if needed.

balanced	habit	lifestyles
maintaining	nutrients	resistance

1. Strength training involves lifting weights or doing something that causes _____ against your muscles.
2. As long it doesn't become an excessive _____, it's fine to enjoy sweet treats from time to time.
3. Eating a _____ diet will give you the proper nutrition that your body needs.
4. Our _____ don't always allow us to move around as much as we should.
5. When you work hard at _____ an active way of life, you will feel better and stay healthy.
6. Fruits and vegetables contain _____ that your body needs.

Directions: Think about today’s session. What question do you have about something you learned today? Write your ideas on the lines below. Make sure you begin each sentence with a capital letter and end each sentence with a punctuation mark.

[illegible]



Syllabication

Directions: Place a line between the syllables in each word. Then, read each word.

1. expansion
2. progressive
3. outward
4. accuracy
5. protective
6. reduction
7. forward
8. frequency



Healthy You: Get Some Vitamin D

Many people are worried about sun exposure. It is true that too much sun can cause skin damage, skin cancer, and premature aging. But it's also true that sensible sun exposure is healthy. How can sunlight help your body?



Vitamin D is important for good health. It helps prevent some diseases and strengthens bones. Our bodies produce vitamin D with the help of sunlight. We need between ten and fifteen minutes of sunlight each day to make a healthy amount of vitamin D.

Sunlight can also reduce stress and help you sleep better. Too much stress and not enough sleep can lead to illnesses. So, a moderate amount of sun exposure has been shown to help you feel calm and keep you from getting sick.

Plus, sunlight affects our moods. Experts say that it is good for your state of mind to spend some time in the sun. Doing so can boost your mood and make you happier.

So, make some time to enjoy the sun! Just make sure you do it in moderation. You want your sun exposure to be healthy and not harmful. Remember to use sunscreen if you are in the sun for more than ten minutes. Your body will thank you!



Directions: Write a paragraph in which you combine the information you have learned from the “Healthy You” passages. Make sure you begin each sentence with a capital letter and end each sentence with a punctuation mark. Check your spelling when you are finished writing.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Content Vocabulary Review

Directions: Write a definition for each vocabulary word.

1. maintaining

2. lifestyles

3. nutrients

Directions: Use context clues to complete each sentence with one of the following vocabulary words.

balanced

habit

resistance

1. Using weights or exercise bands provides _____ that helps strengthen your muscles.
2. I try to stay healthy by eating a _____ diet and riding my bike every day.
3. Make it a _____ to enjoy a safe amount of sunlight every day.



Directions: Think about today's session. What can you do now that you couldn't do before? OR What do you know now that you didn't know before? Write your ideas on the lines below. Make sure you begin each sentence with a capital letter and end each sentence with a punctuation mark.

15