

LEVELED BOOK • I

Healthy Me



Written by Kira Freed • Illustrated by Angela Kamstra

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I like being healthy.

When I am healthy, I feel good.

I am in a better mood, and I have more energy.

Everyone needs to stay healthy.



I like to be active and move my body.

I run, swim, and ride my bike.

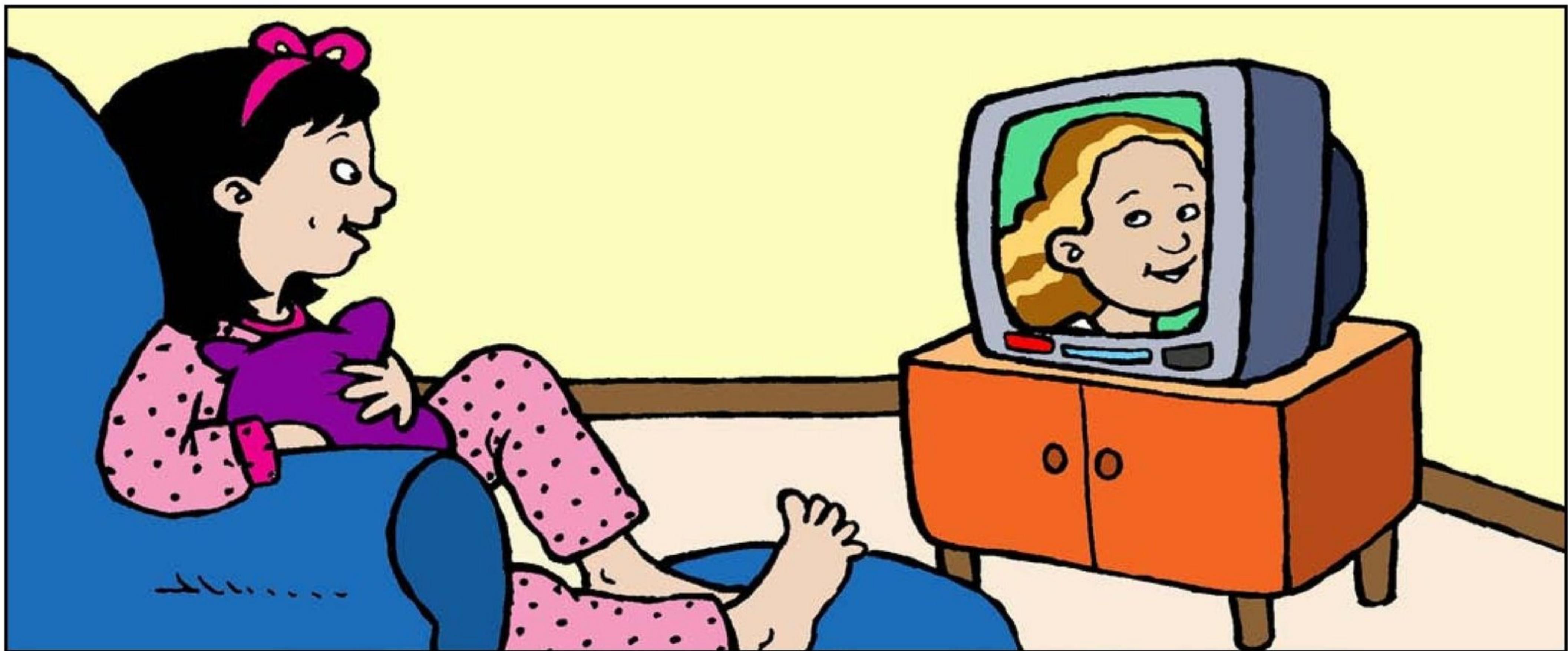
I take walks with my big brother, Bill, and our dog, Wilbur.



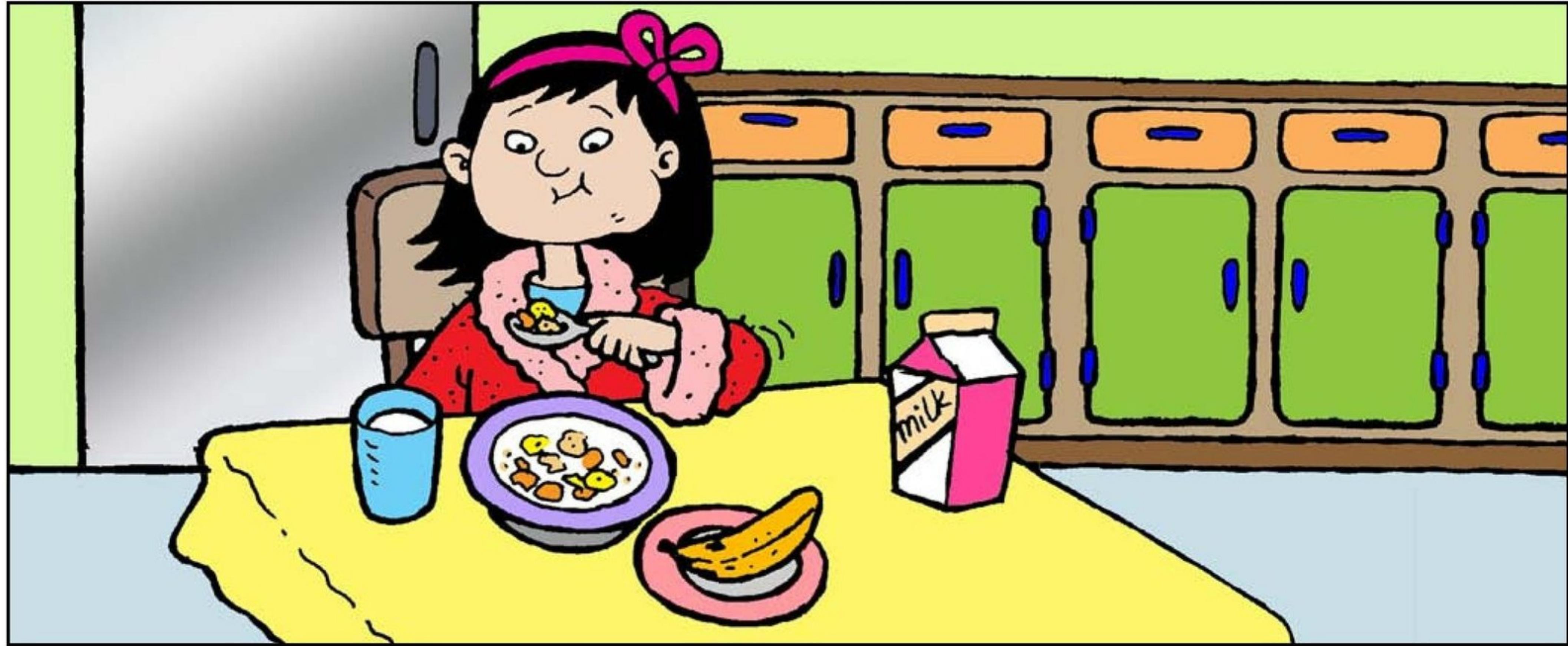
🔊 I like to play sports.

Soccer is my favorite game.

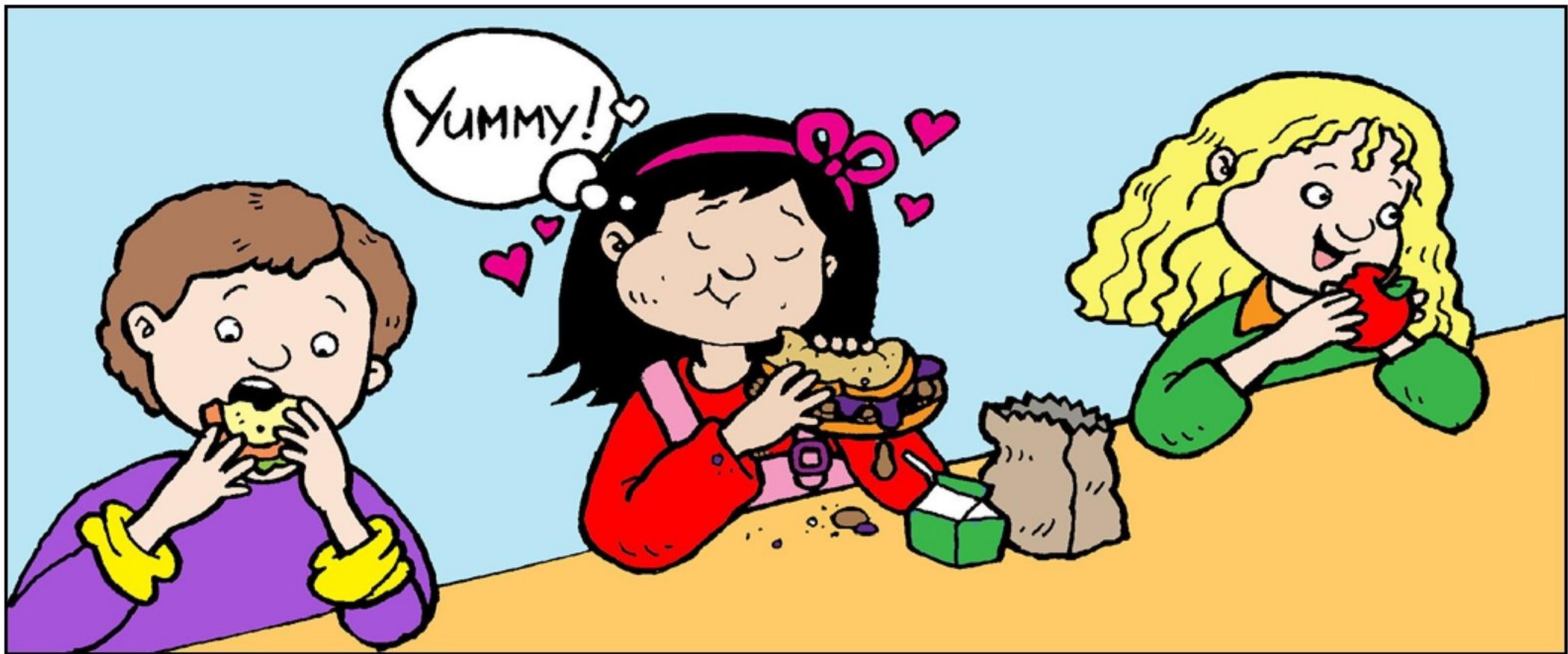
I also take hikes in the woods with my family.



🔊 I like television, but I don't watch it for hours.
I like computer games, but I don't play them for hours.
Everyone needs to get up and move around.



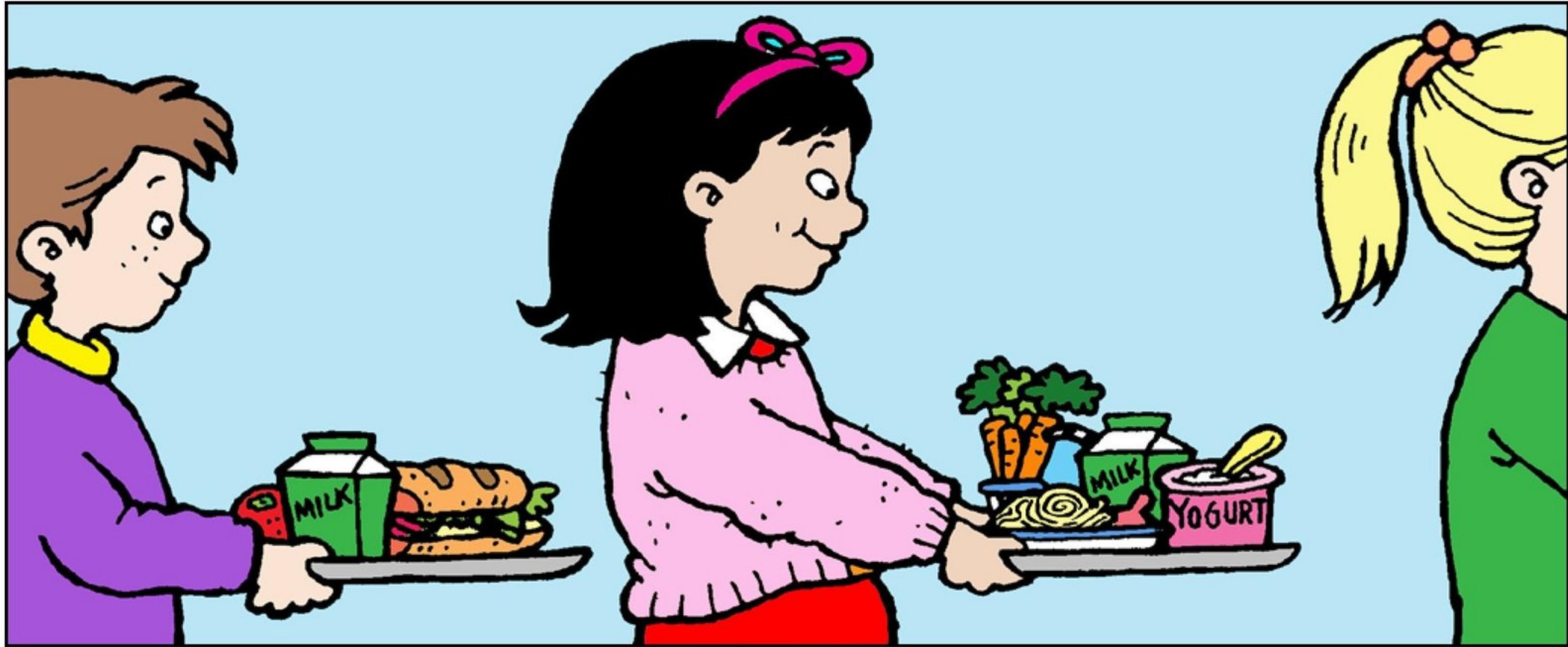
🔊 Eating well gives me energy.
If I skip breakfast, I don't think very well.
Everyone needs to eat a good breakfast.



🔊 I eat a good lunch at school.

Peanut butter and jelly is my favorite sandwich.

I drink lots of milk and water.



🔊 My favorite food is noodles.

I also like other healthy foods such as apples.

Everyone needs to eat healthy foods.



🔊 I get plenty of rest.
I go to bed earlier on school days.
And I get up earlier on school days.
My dad says I need 11 to 12 hours of sleep
each day because I am growing.



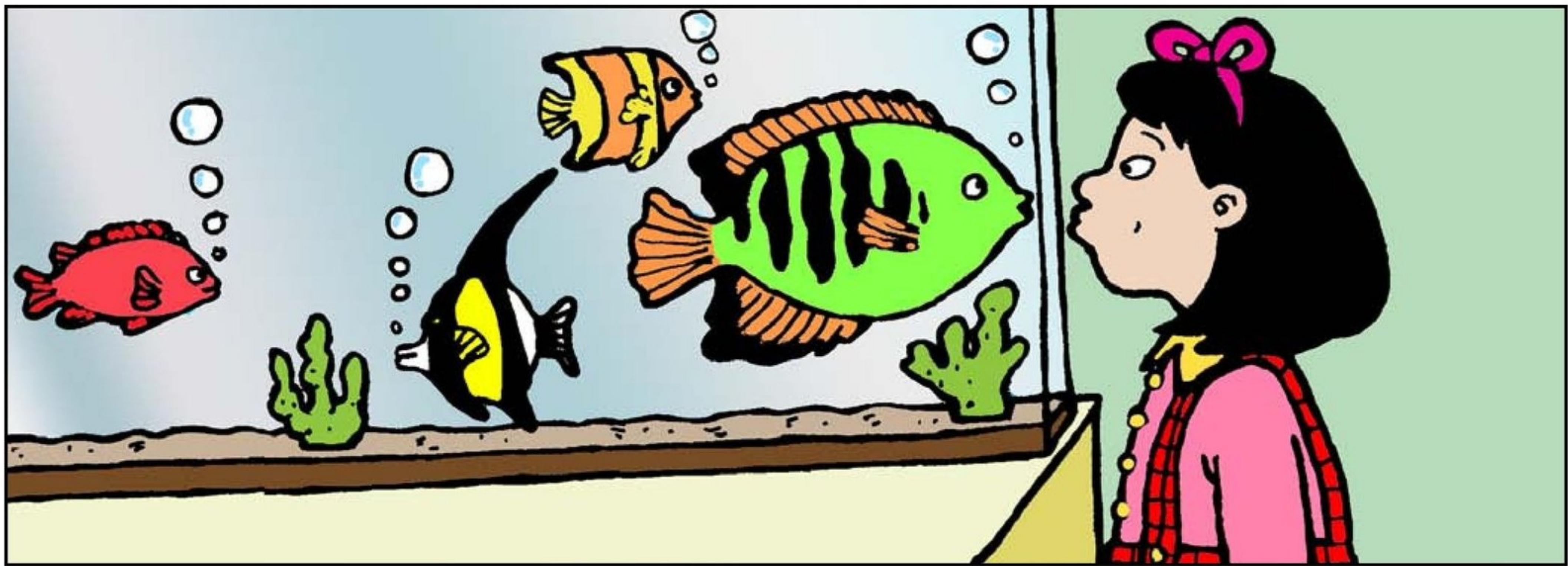
🔊 I keep my body clean to stay healthy.
I wash my hands before eating and after going to the restroom. Washing keeps germs from getting into my body.



🔊 I brush my teeth three times a day.
Brushing kills germs that cause cavities.
I also take baths and showers.
Everyone needs to wash to stay healthy.



🔊 I have many kinds of feelings.
Some are happy, and some are sad.
Laughing makes me feel better.
When I have sad feelings, I feel better
when I talk about them with Bill, Mom, or Dad.



🔊 Sometimes I like quiet time.
When I do, I watch my tropical fish.
I imagine that I am floating through water.
Everyone needs quiet time.

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Level I Leveled Book
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Correlation

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