

LEVELED BOOK • G

# THE REASON FOR SNEEZING

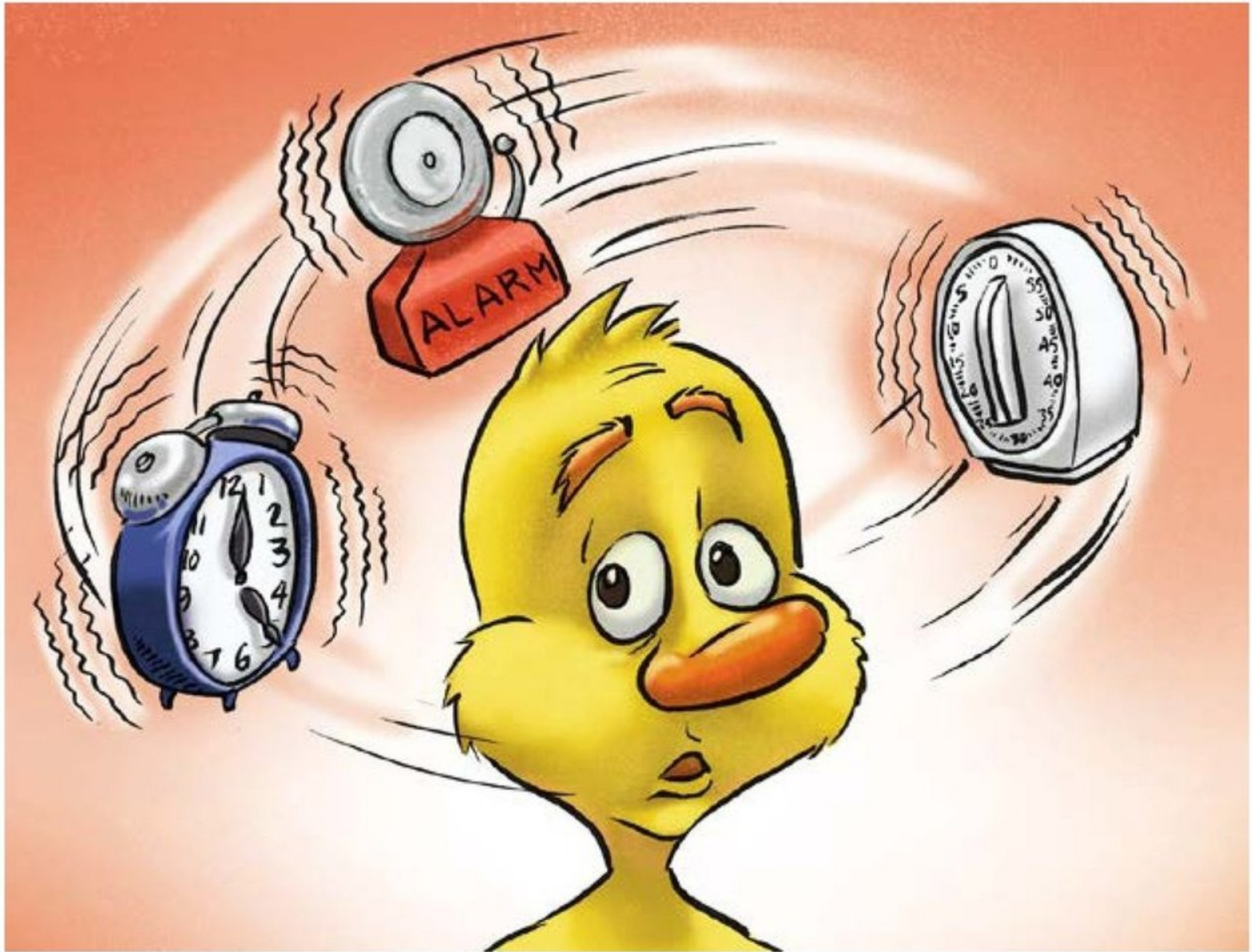


Written by Edie Evans • Illustrated by Matt Loveridge

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# THE REASON FOR SNEEZING



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## Focus Question

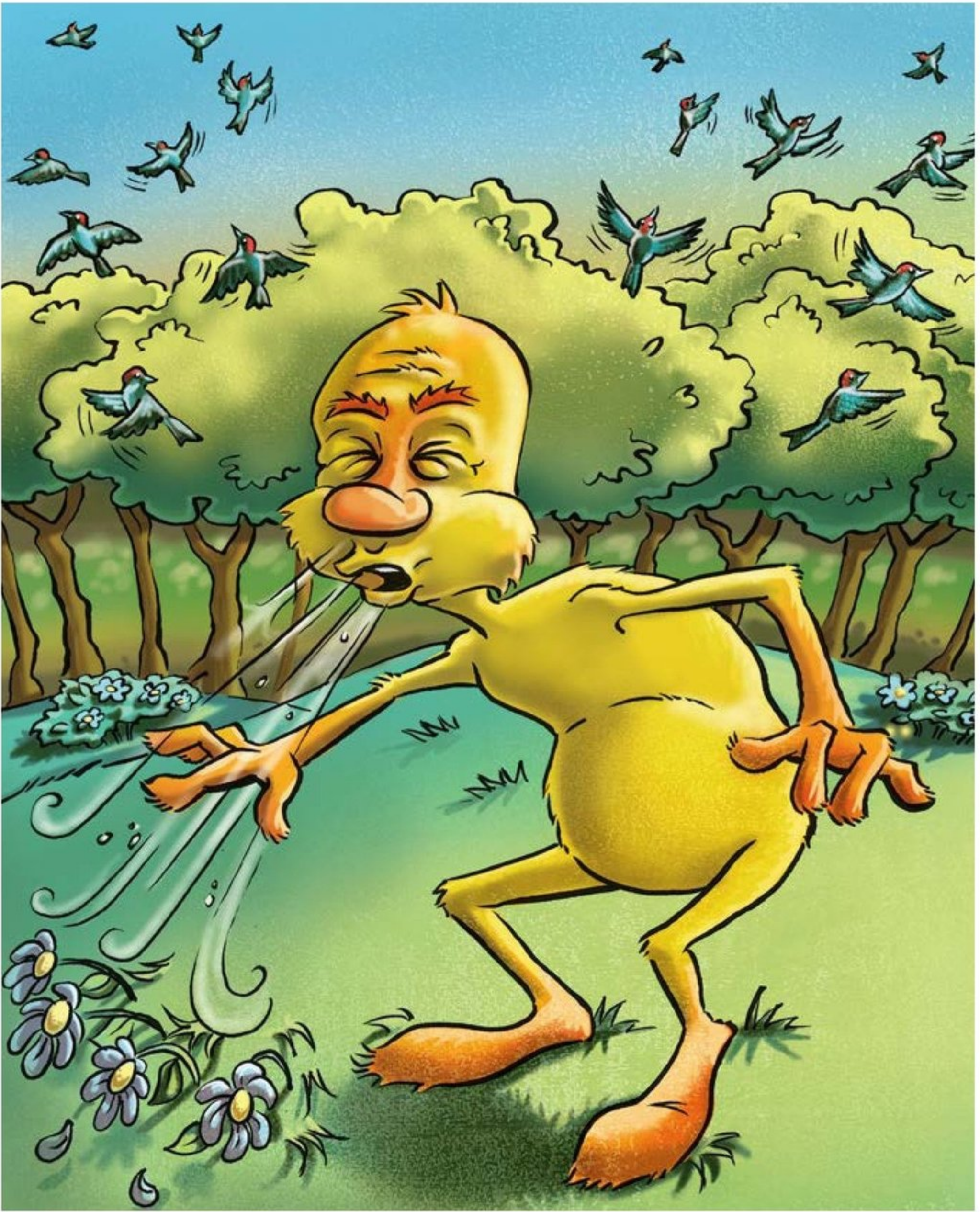
What happens to our bodies  
when we sneeze?

Words to Know	
contract	lungs
defense	rejects
diaphragm	sneezing

The Reason for Sneezing  
Level G Leveled Book  
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Correlation	
LEVEL G	
Fountas & Pinnell	G
Reading Recovery	11-12
DRA	12





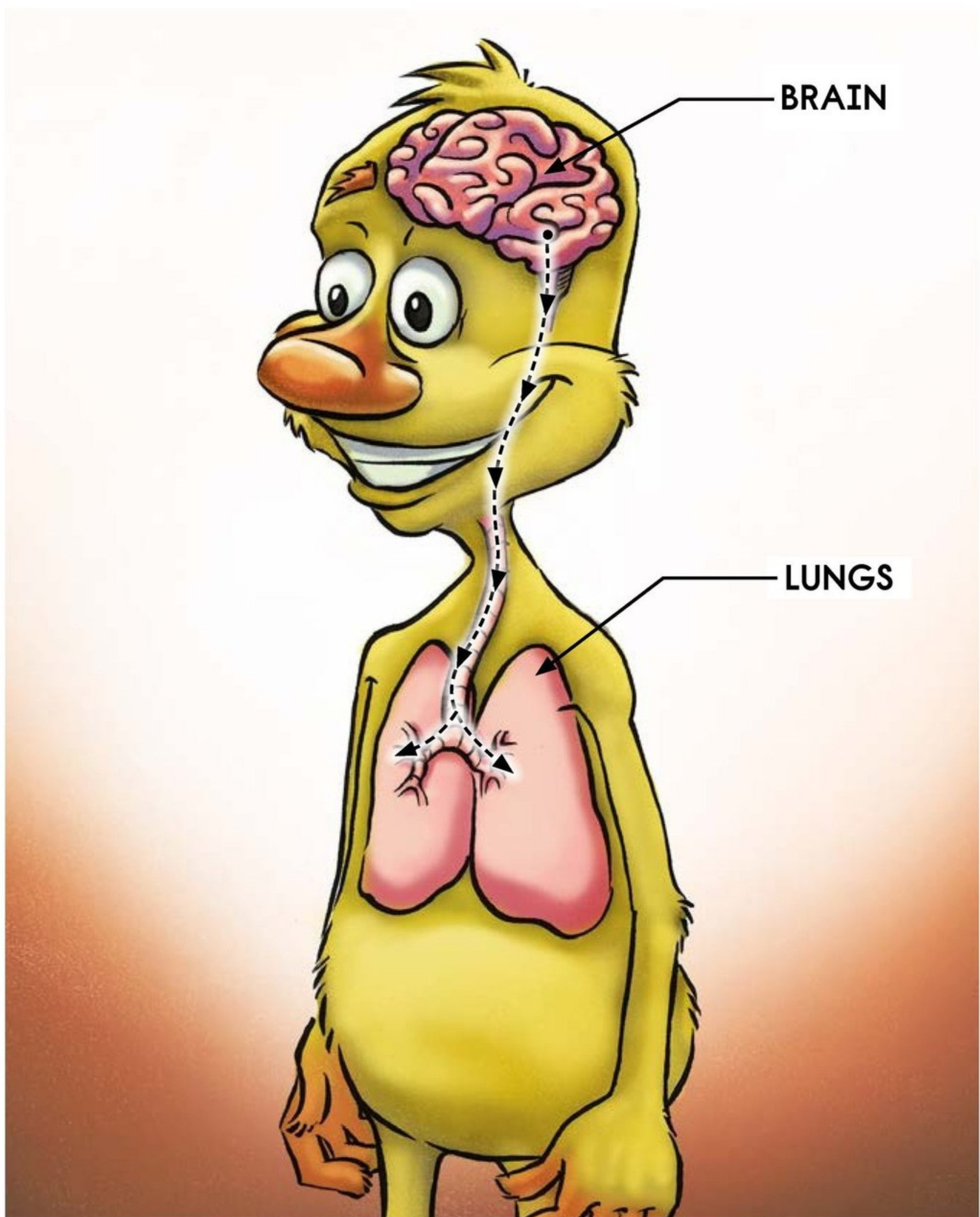
The reason for sneezing  
is really quite clear.  
You breathe in some dust  
and blow it out in the air.





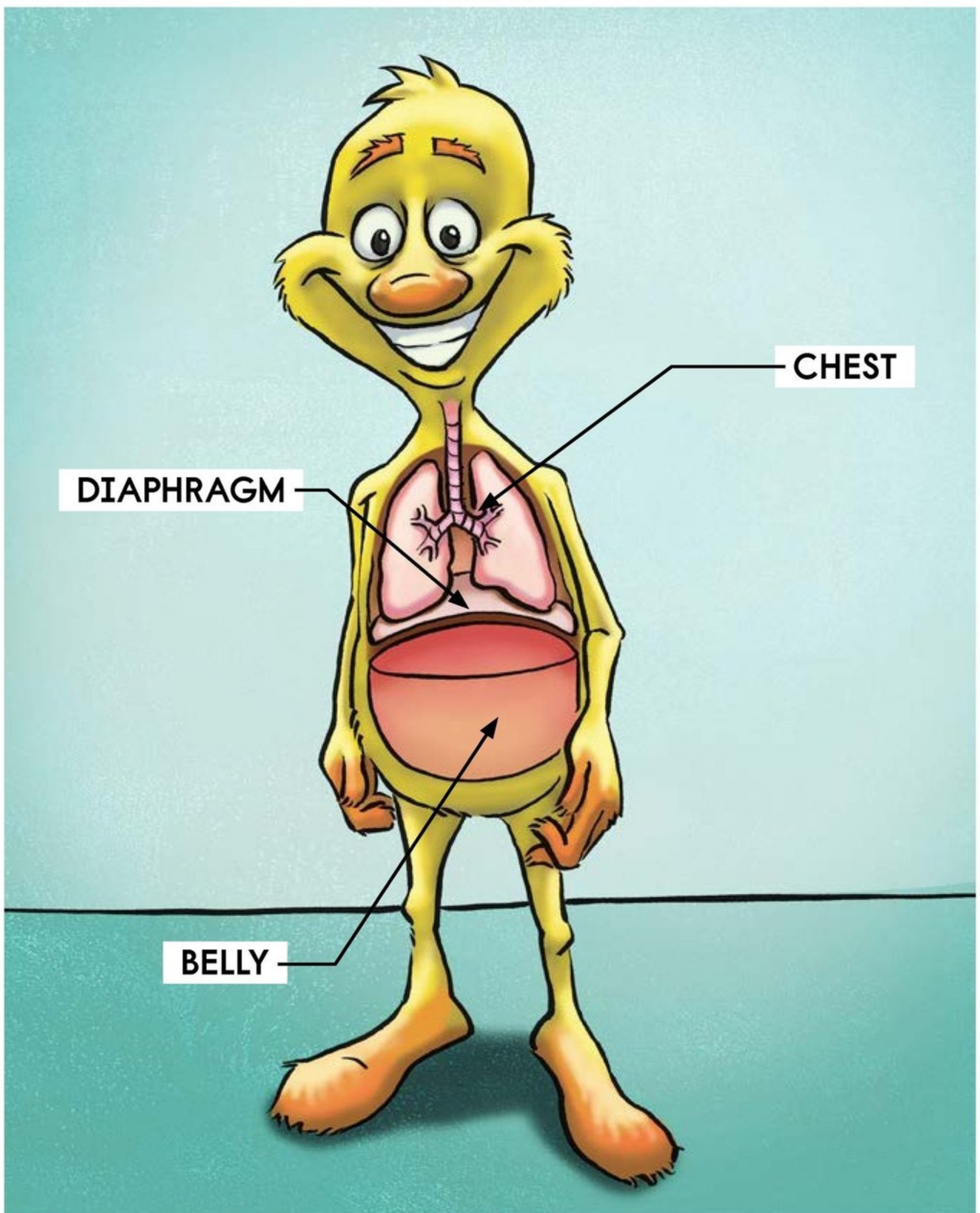
Your nose gets a tickle  
because of this dust.  
Your body rejects it.  
It should, and it must.





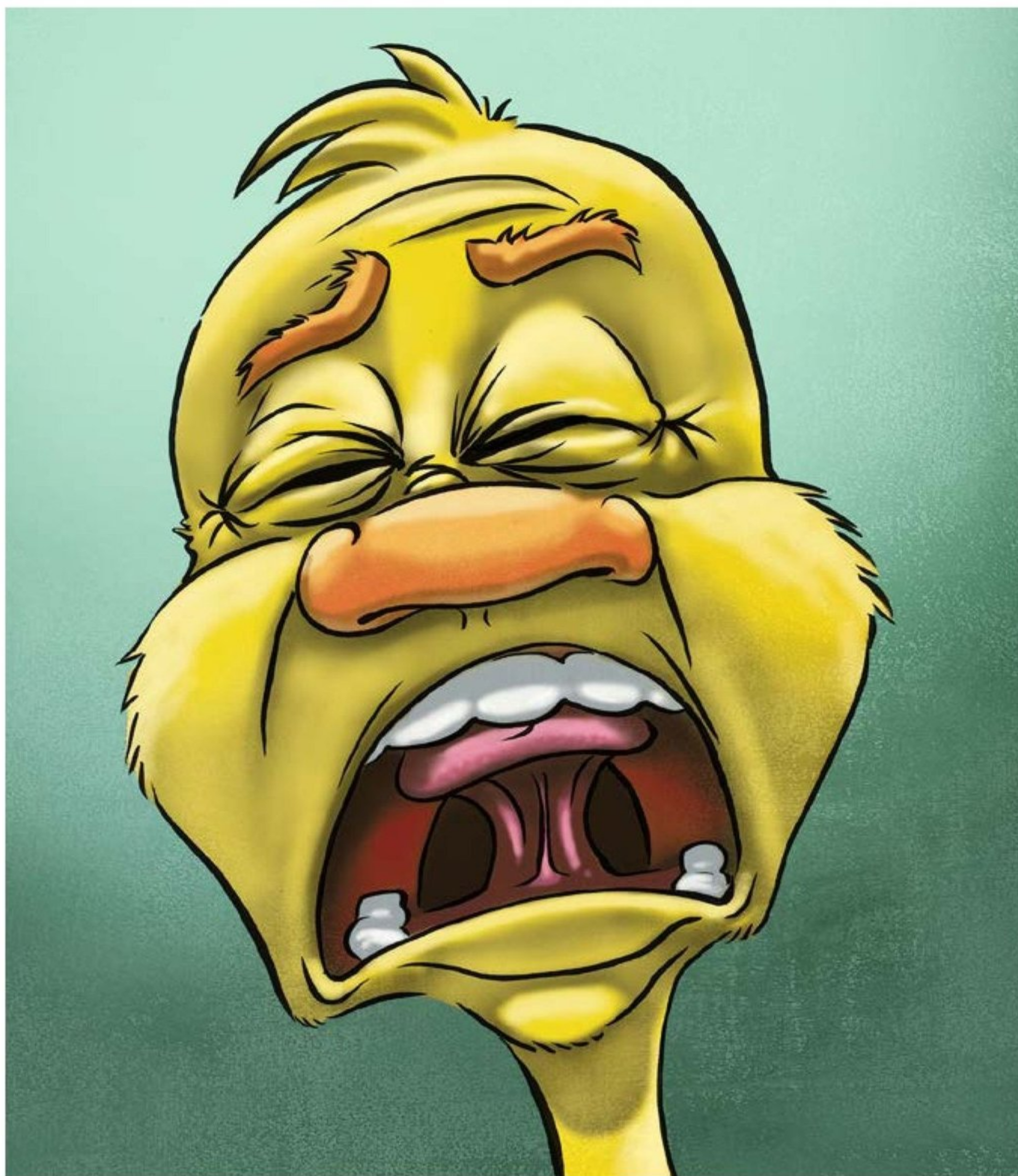
The way that you sneeze  
is always the same.  
Information is sent to  
your lungs from your brain.





Many muscles contract to push that sneeze through. That's your diaphragm, belly, and chest muscles, too.





Your eyes shut.

Your tongue's on the roof  
of your mouth.

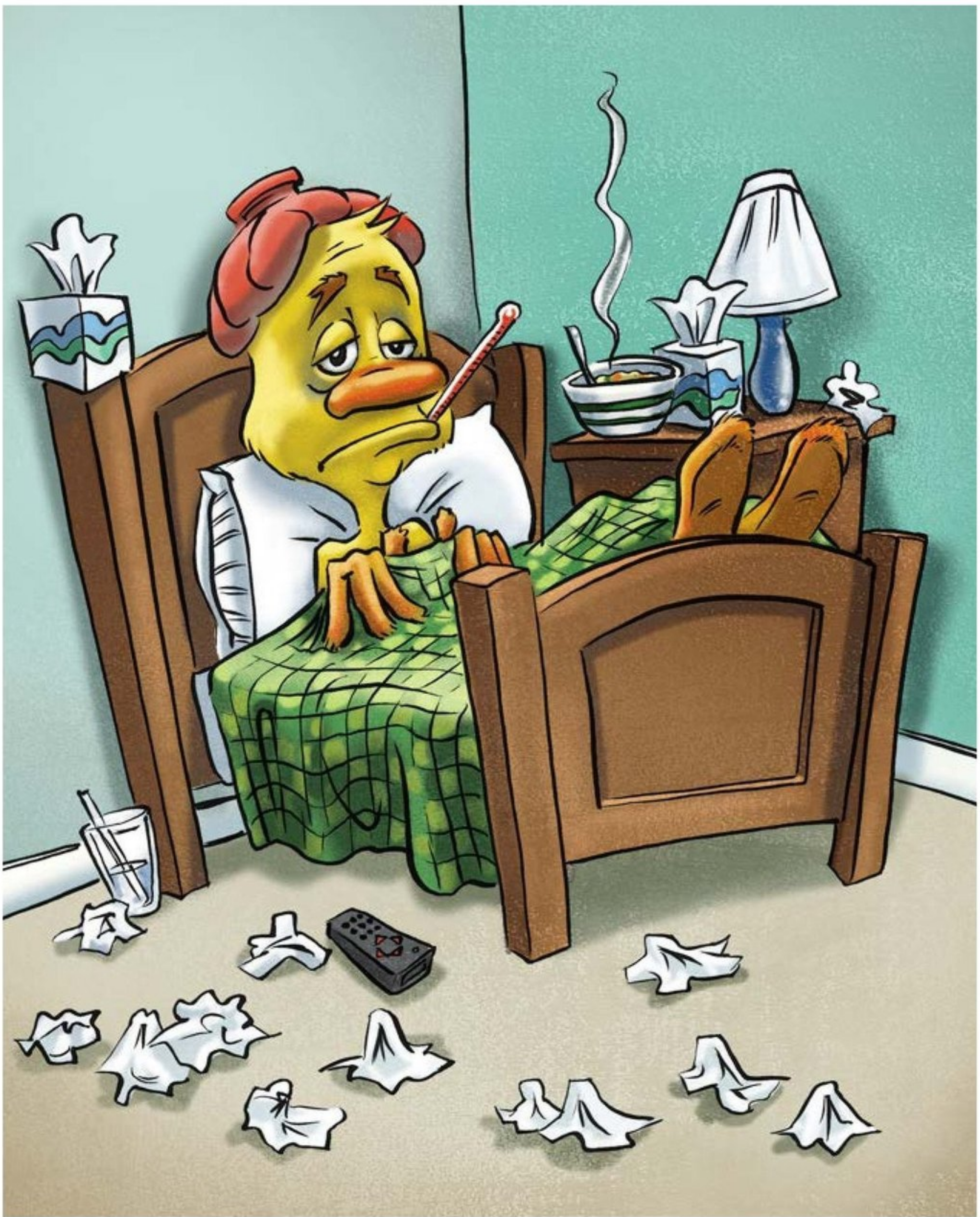
This forces your nose  
to blow that breath out.





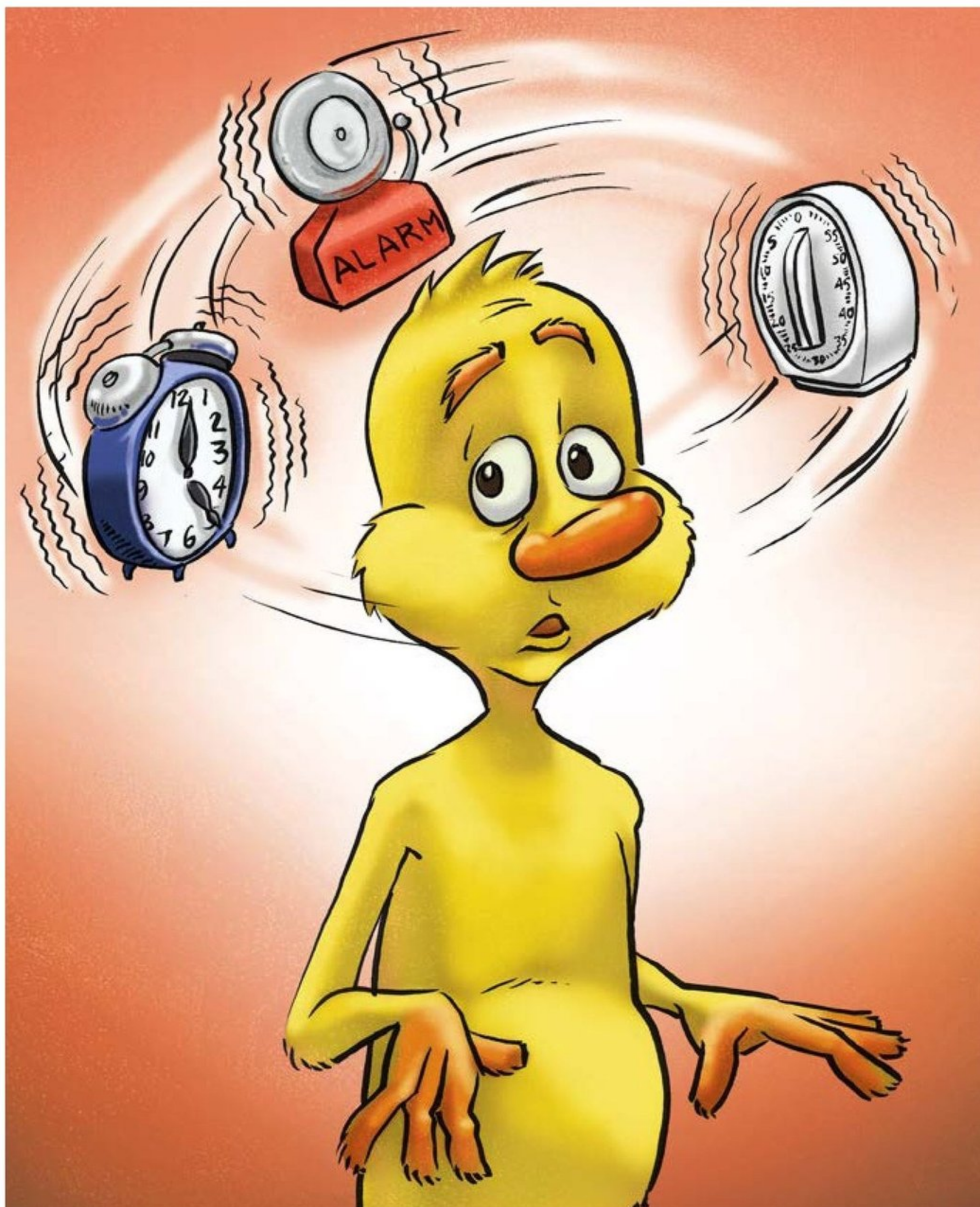
And blow out it will!  
It explodes with great power.  
A sneeze can go 100 miles  
an hour (161 kph)!





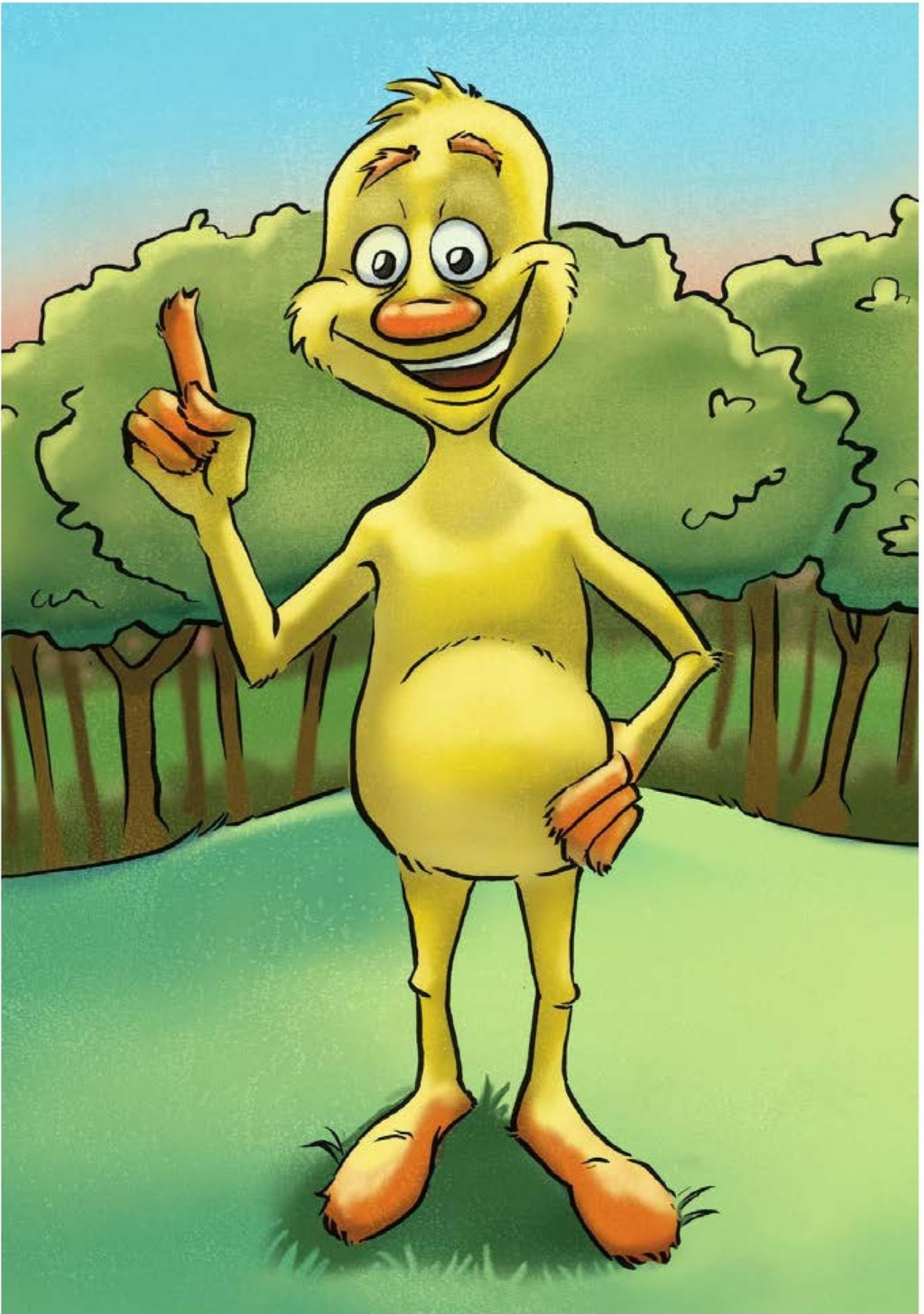
Are you sick in bed  
with a cold or the flu?  
You know this will cause  
you to sneeze a lot, too.





Think of a sneeze  
as a natural alarm.  
A sneeze is a defense  
that keeps us from harm.





Next time you sneeze,  
keep in mind a command.



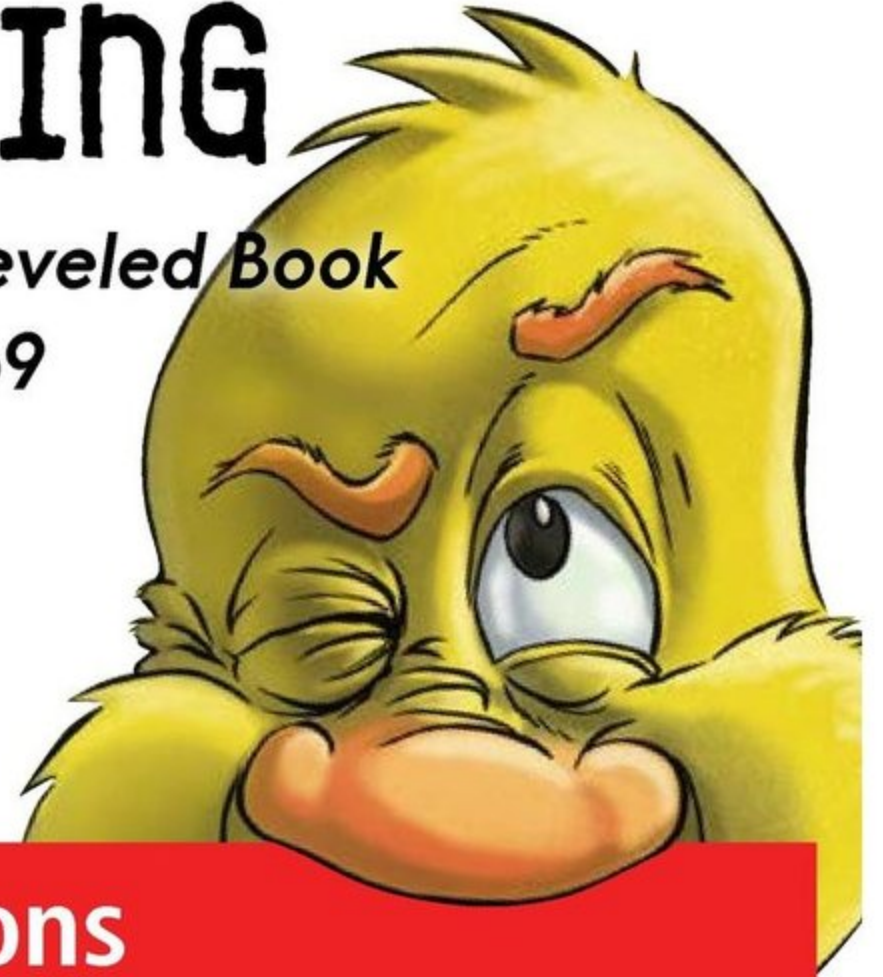


Cover your nose  
with your arm or your hand!



# THE REASON FOR SNEEZING

*A Reading A-Z Level G Leveled Book*  
*Word Count: 169*



## Connections

### Writing

What is something that makes you sneeze? Write a poem about it with at least four lines.

### Science

Draw a picture of yourself. Label the following body parts: brain, lungs, chest, diaphragm, and belly. Share with a partner what each of these body parts does when you sneeze.



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