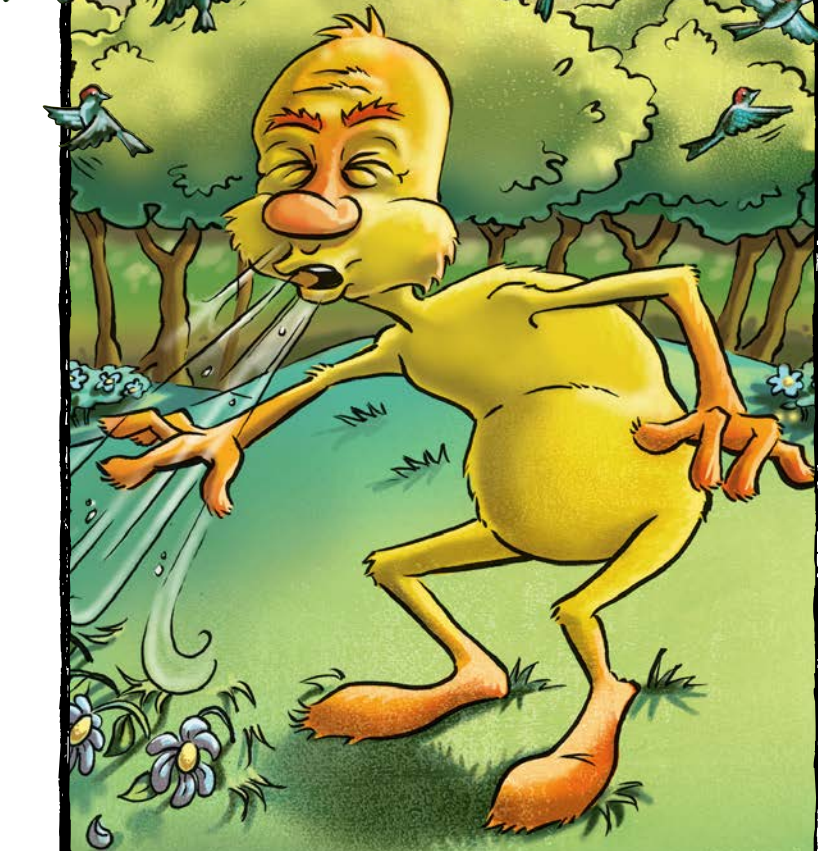


LEVELED BOOK • G

THE REASON FOR SNEEZING



Written by Edie Evans • Illustrated by Matt Loveridge

THE REASON FOR SNEEZING

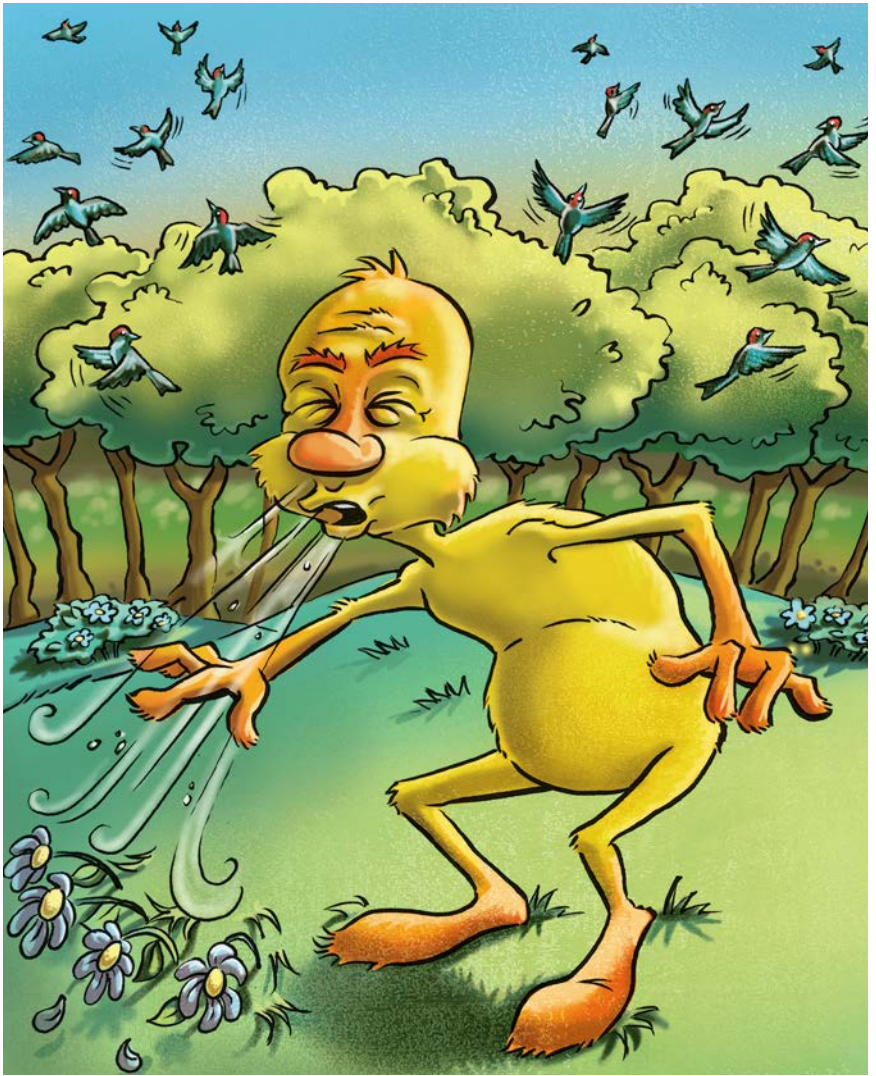


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Illustrated by Matt Loveridge

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Focus Question

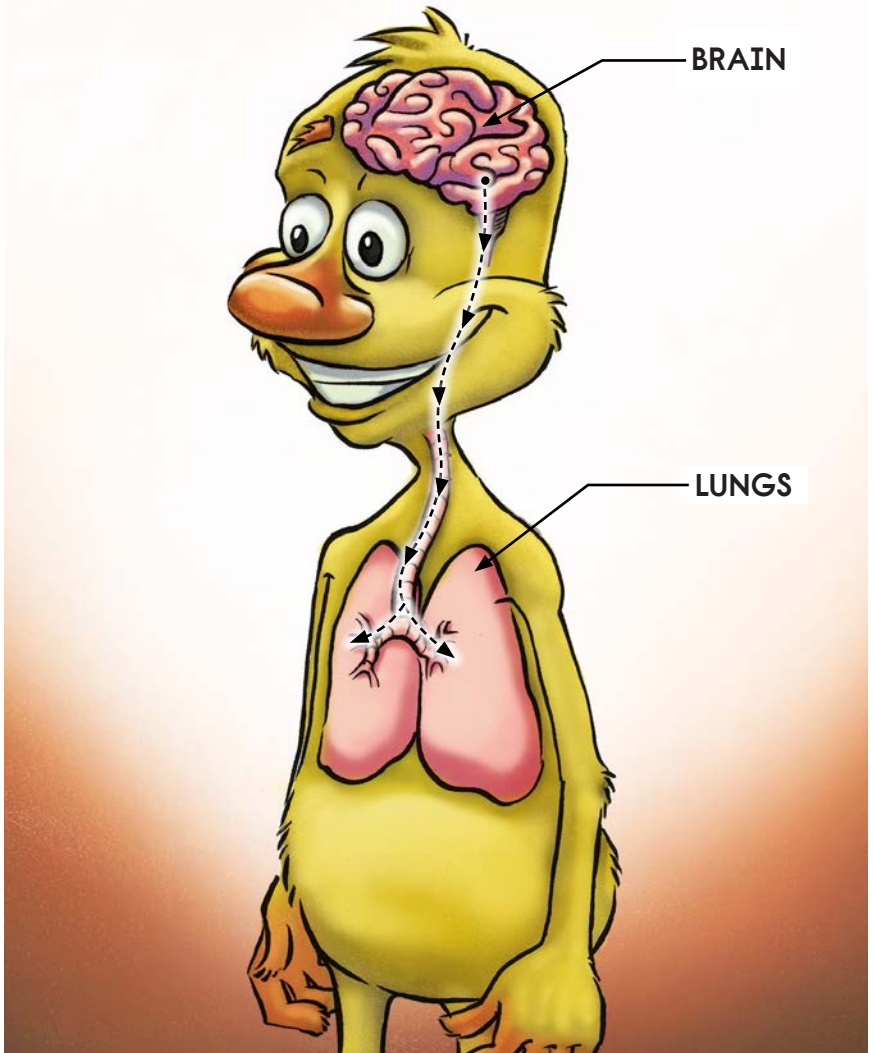
What happens to our bodies
when we sneeze?



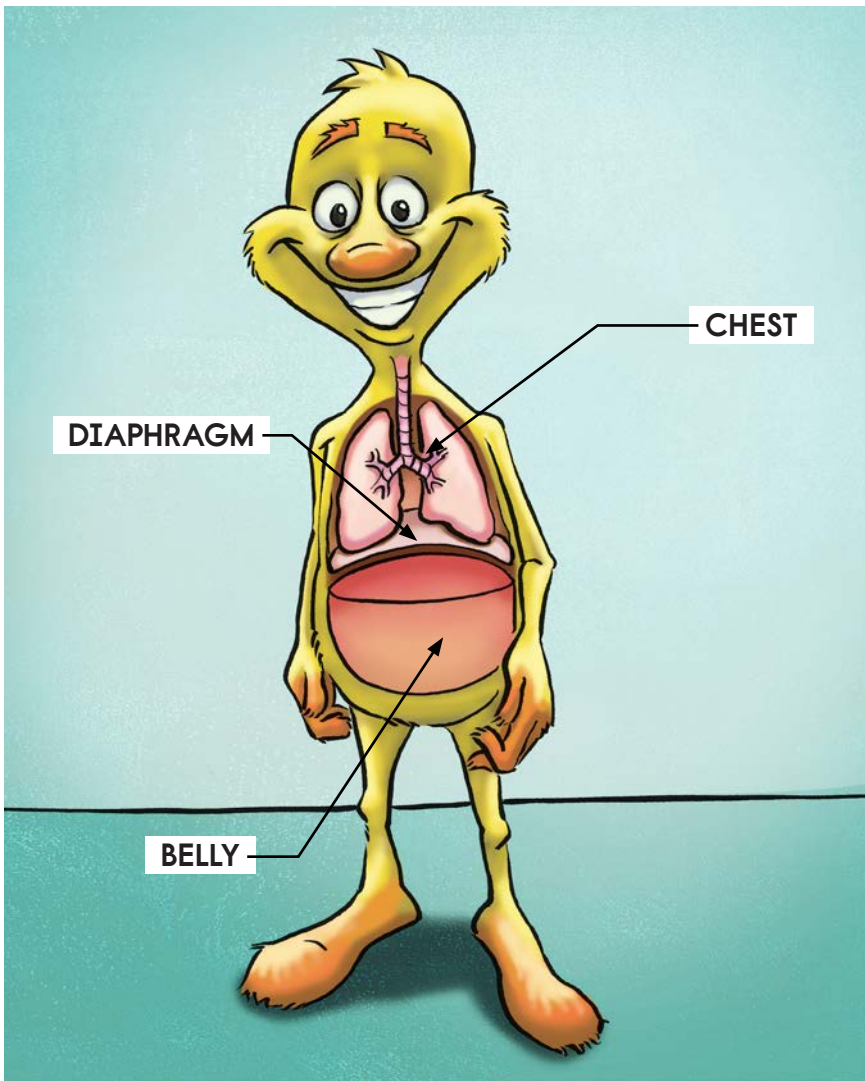
The reason for sneezing
is really quite clear.
You breathe in some dust
and blow it out in the air.



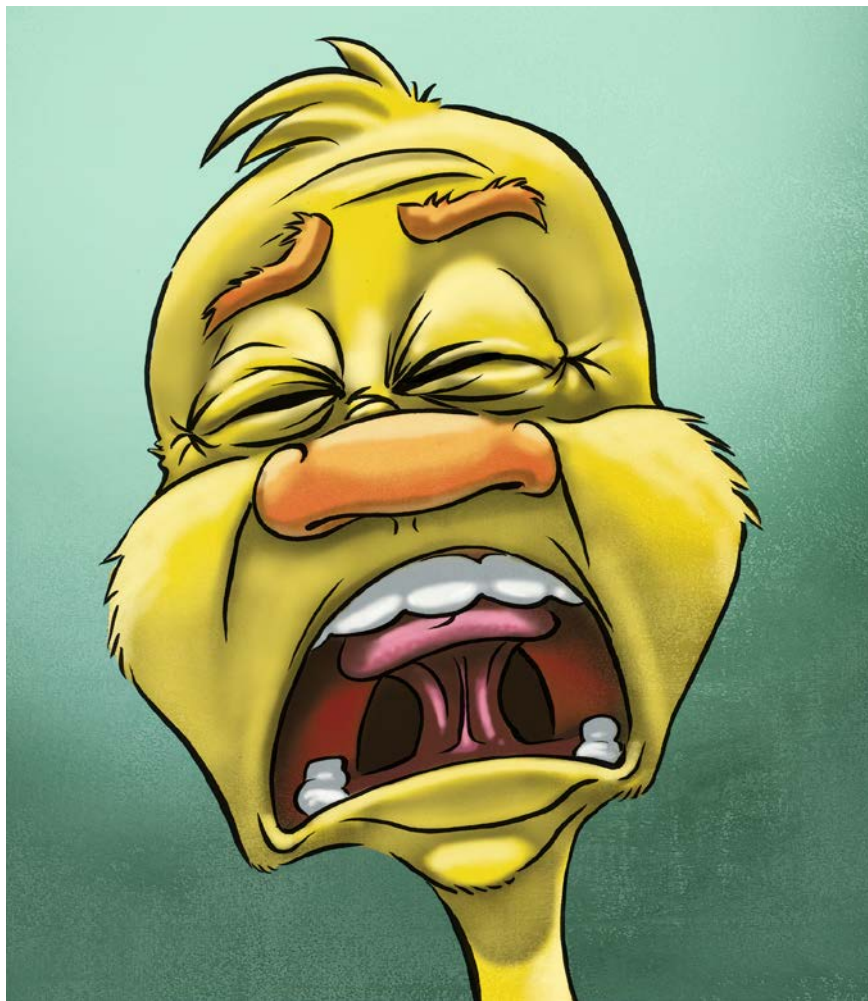
Your nose gets a tickle
because of this dust.
Your body rejects it.
It should, and it must.



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.

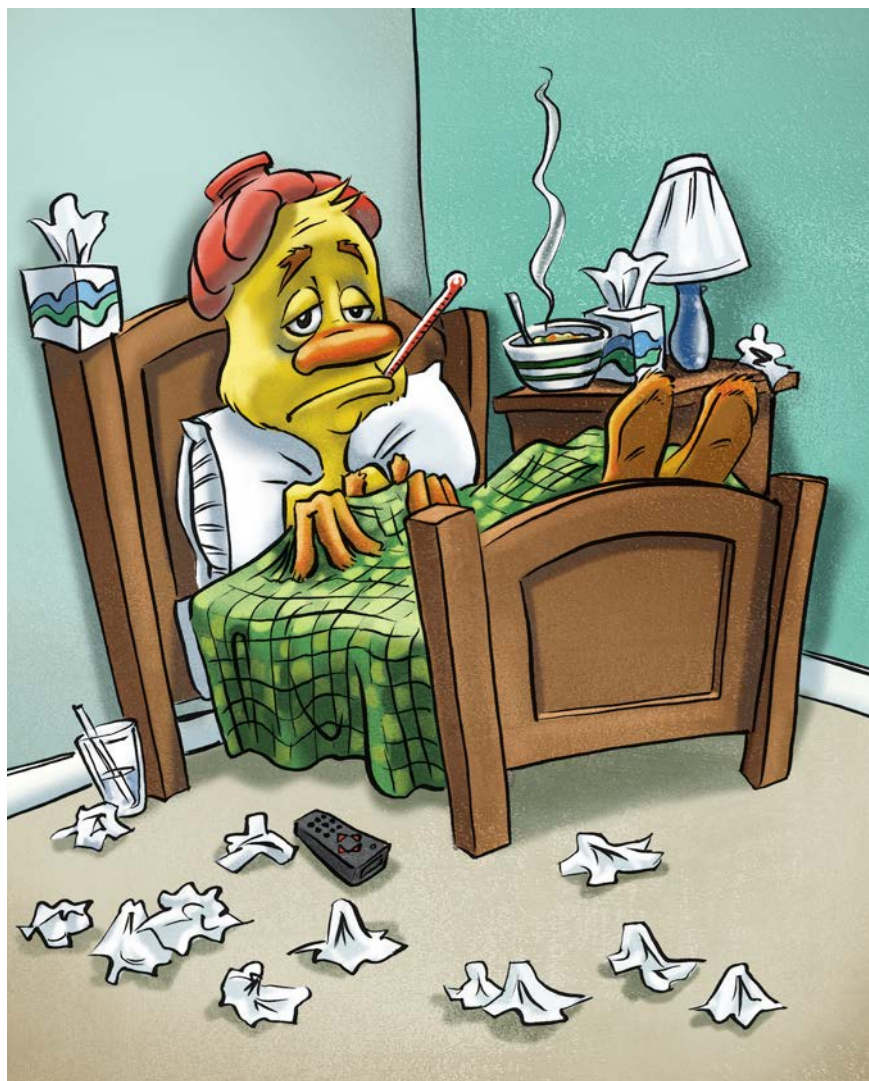
This forces your nose
to blow that breath out.



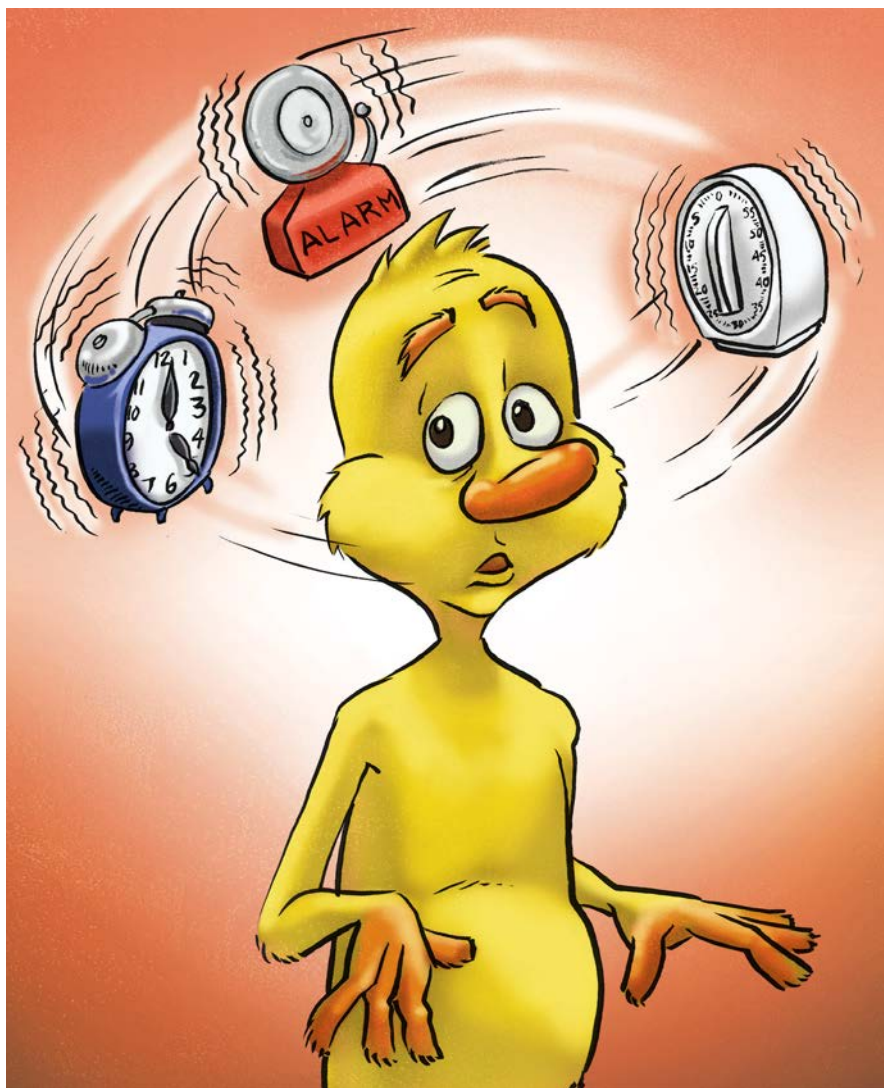
And blow out it will!

It explodes with great power.

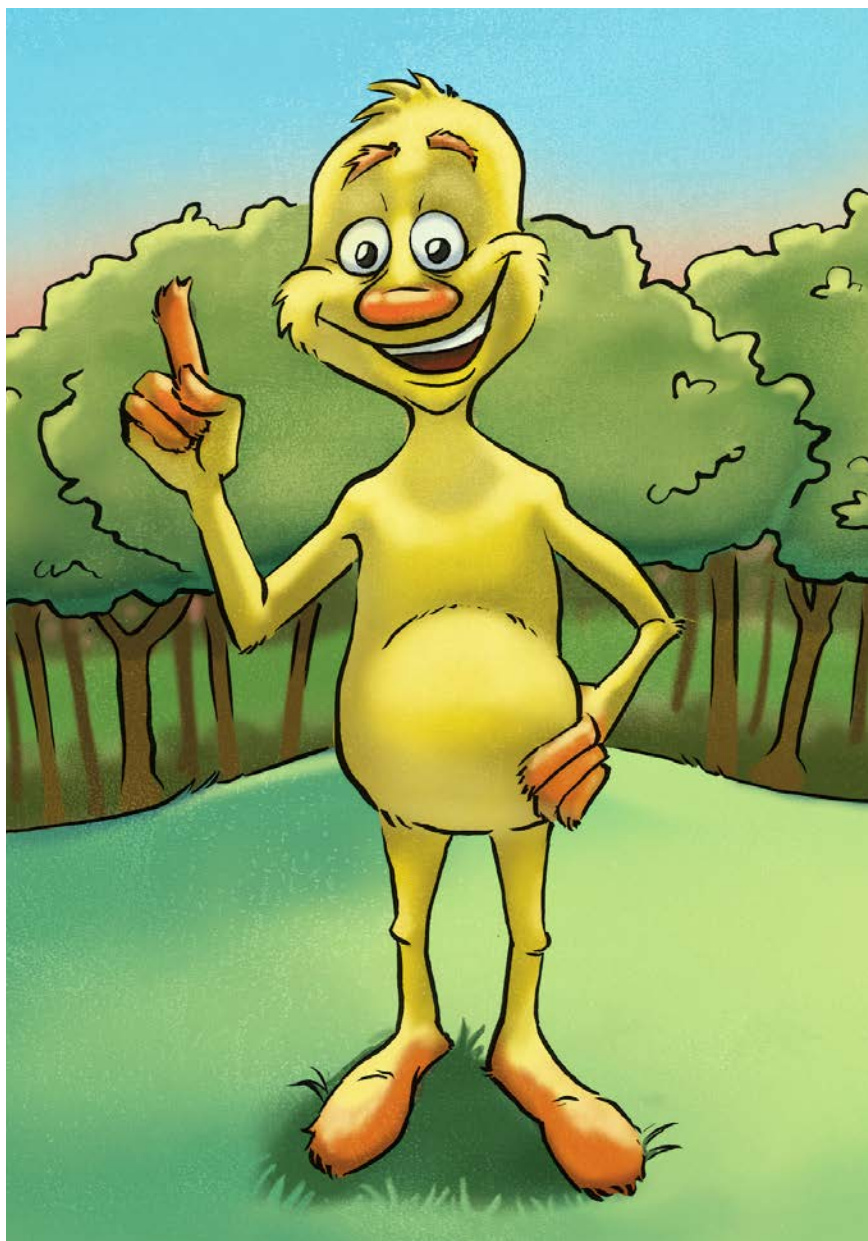
A sneeze can go 100 miles
an hour (161 kph)!



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!

Words to Know

contract

lungs

defense

rejects

diaphragm

sneezing

The Reason for Sneezing
Level G Leveled Book
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Illustrated by Matt Loveridge

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Correlation

LEVEL G	
Fountas & Pinnell	G
Reading Recovery	11-12
DRA	12

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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**Grade 1
Book 73**