



Name _____ Date _____

GERMS

What little living things can make you cough and sneeze and stay in bed for days? Germs!

Germs are so small that you need a microscope to see them. They are found all over the world. They spread when someone sneezes or coughs. Then, they enter our body and make us sick.

Germs produce a toxin. This is like a poison. Some germs cause a fever. Others cause us to be tired. Some cause a rash.

You can protect yourself from germs by washing your hands a lot. Cover your mouth when you cough. Sneeze into the crook of your arm or use a tissue. Then, wash your hands again!



STORY QUESTIONS

1. Which sentence is **true**?
 - a. You can see germs on your arm.
 - b. Germs are found only in America.
 - c. You need a microscope to see germs.
 - d. All germs keep us healthy.
2. Some germs are spread by . . .
 - a. words.
 - b. coughs.
 - c. microscopes.
 - d. washing your hands.
3. In this story, the word *toxin* means . . .
 - a. coughing.
 - b. sneezing.
 - c. tissue.
 - d. poison.
4. What should you do after you sneeze?
 - a. Wash your hands.
 - b. Go to sleep.
 - c. Get a microscope.
 - d. Look for germs.



Name _____

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EXERCISE

Exercise is any action that gets you moving. You can run, bike, swim, jump rope, or row a boat. It's all good for you!

There are three kinds of exercise. One is stretching. You may do this in dance, yoga, or at the gym. When you stretch, you keep your muscles bendable.

Aerobic exercise makes your heart beat fast. You get this kind of exercise when you walk or run. Your heart beats fast when you swim, too.

The last kind of exercise makes your muscles strong. You build strong muscles when you lift weights.

When you sprint, or run fast, you make your muscles strong, too. You get exercise when you play tag and hide and seek. Leapfrog and ball games are also good to do. So go outside and have fun!



STORY QUESTIONS

1. Exercise is any action that . . .
 - a. makes you play tag.
 - b. is bad for you.
 - c. gets you moving.
 - d. is done outside.
2. What happens to your muscles when you stretch?
 - a. They beat faster.
 - b. They stay bendable.
 - c. They break.
 - d. They cry.
3. When you walk or run, your heart . . .
 - a. beats faster.
 - b. swims.
 - c. stretches.
 - d. plays tag.
4. You can build strong muscles by . . .
 - a. stretching.
 - b. eating spinach.
 - c. sitting on the couch.
 - d. lifting weights.



Name _____ Date _____

HEALTHY FOOD

Healthy food is good for you. You need it for shiny hair and strong bones. You need it so you can grow tall and feel good. The best part about healthy food is that it is tasty! You can find grains in bread, rice, and oatmeal. You should eat four servings of grains every day. Milk, cheese, and yogurt are also important. These will give you strong bones.

Meat, beans, fish, and nuts give your body iron and protein. You can also eat an egg or some peanut butter to help keep your body healthy. Fruit and vegetables are good to eat. Eat many kinds each week.

Chips and cookies are tasty, but eat only a few at a time. When you eat healthy food, your body will thank you!



STORY QUESTIONS

- Healthy food will make you . . .
 - sick.
 - strong.
 - green.
 - tasty.
- What food will help give you strong bones?
 - bread
 - nuts
 - cheese
 - chips
- What kind of vegetables should you eat each week?
 - none
 - one kind
 - green vegetables
 - many kinds
- You should eat cookies . . .
 - once in a while.
 - all the time.
 - instead of oatmeal.
 - to grow strong.



Name _____

Date _____

EARS

Your ears are amazing! They help you to hear. They also help to keep you from falling down.

There are three parts to your ear. They are the outer ear, the middle ear, and the inner ear. The outer ear is the part you can see. Its job is to collect sounds, and it also collects earwax.

You can find the eardrum in the middle ear. The eardrum and little bones in your ear help to move sound to your brain. The inner ear has little hairs on it. Sound hits these hairs. Then they move fast to tell the brain what they have heard.

The inner ear is full of fluid. This keeps you from falling down. Ears are amazing. Never poke anything into them, and they will take care of you for life!



STORY QUESTIONS

1. The three parts of the ear are . . .
 - a. ear wax, eardrum, and fluid.
 - b. outer, middle, and hairy ear.
 - c. bones, hairs, and fluid.
 - d. outer, middle, and inner ear.
2. You can find ear wax in the . . .
 - a. outer ear.
 - b. middle ear.
 - c. brain.
 - d. inner ear.
3. The eardrum and little bones help to move sound to your . . .
 - a. outer ear.
 - b. brain.
 - c. ear wax.
 - d. mouth.
4. The inner ear is full of . . .
 - a. fluid.
 - b. ear wax.
 - c. cotton swabs.
 - d. bones.



Name _____ Date _____

LUNGS

What allows you to breathe in fresh air? What allows you to breathe out old air? What allows you to talk? The lungs!

You have two lungs. They take up most of your chest. Your ribs protect your lungs from getting hurt. You can feel your lungs if you put one hand on your chest and breathe deeply.

Your lungs grow big when you breathe in air. Then oxygen from the air goes into your blood. Your body needs oxygen in order to live.

When your body has used up the oxygen it needs, it must get rid of old air. This air is warm from being inside your body. Your lungs breathe it out and make room for new air.

Your lungs help you talk, too. The more air you breathe in, the louder and longer you can talk in one breath. Lungs are important for breathing, talking, and even singing!



STORY QUESTIONS

1. Your ribs . . .
 - a. help you to sing.
 - b. bring you oxygen.
 - c. protect your lungs.
 - d. poke your lungs.
2. Oxygen goes from your lungs to your . . .
 - a. blood.
 - b. ribs.
 - c. air.
 - d. tongue.
3. Old air is warm because it has been . . .
 - a. singing.
 - b. inside your bones.
 - c. inside your body.
 - d. angry.
4. If you take a big breath of air, you can talk . . .
 - a. only a short time.
 - b. to animals.
 - c. loudly.
 - d. to your lungs.



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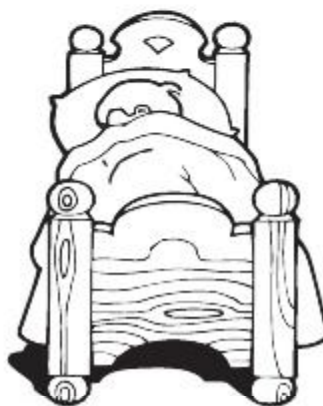
SLEEP

We all need sleep. Sleep keeps us feeling good, and it keeps the body healthy. How much sleep do you need?

Children need 10 to 12 hours of sleep each night. As you get older, you need about eight hours of sleep each night. Animals, such as cats, sleep about 20 hours a day. They take a lot of naps!

Sleep helps our brains to think well. We can solve problems, and we can be creative. If you didn't sleep, you would get very tired and very sick.

Sleep helps our muscles and bones to repair themselves if they have been hurt. We can fight sickness if we get sleep. Make sure you get exercise at least three hours before bedtime. Your bedroom should be cool, dark, and quiet. Have a good night!



STORY QUESTIONS

1. Children need . . .
 - a. 8 hours of sleep each night.
 - b. 20 hours of sleep each night.
 - c. a lot of naps.
 - d. 10 to 12 hours of sleep each night.
2. Sleep allows us to . . .
 - a. solve problems and be creative.
 - b. think like cats.
 - c. get sick.
 - d. be very tired.
3. To sleep well, you should exercise . . .
 - a. at night.
 - b. at least three hours before bedtime.
 - c. 20 hours a day.
 - d. in the dark.
4. Your bedroom should have . . .
 - a. a loud television.
 - b. bright lights.
 - c. curtains or shades on the windows.
 - d. cats.



Name _____ Date _____

WATER

Did you know that much of your body is made up of water? If you didn't have water to drink, you would die. Plants and animals must have water, too.

Water doesn't have a smell, and it doesn't have a taste. But we need it because it helps us to be strong. It helps plants to grow, too.

We can find water in many forms. It is in clouds and rain. It is in ice and glaciers. It is in oceans and rivers and lakes. But there are many people on the earth, and some of them don't have much water.

It is good to save water. Turn off the tap water when you wash dishes or brush your teeth. Don't leave the hose running. This way, everyone can enjoy a drink of water.



STORY QUESTIONS

1. We need water to . . .
 - a. smell.
 - b. live.
 - c. die.
 - d. taste.
2. What is true about water?
 - a. Not everyone has a lot of water.
 - b. Everyone has enough water.
 - c. No one needs water.
 - d. Everyone has a lake.
3. In this story, *running* means . . .
 - a. jogging.
 - b. racing.
 - c. managing.
 - d. flowing.
4. You can save water by . . .
 - a. leaving on the tap water.
 - b. making rain.
 - c. turning off the tap water.
 - d. washing dishes in the sink.



Name _____

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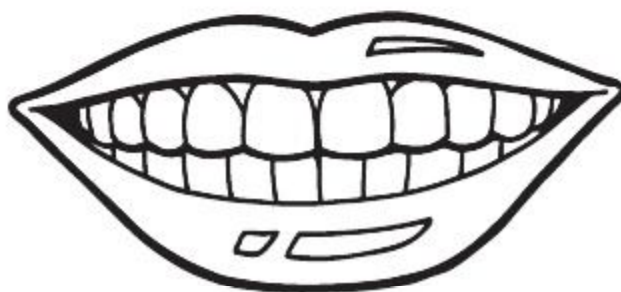
TEETH

You will have 32 of them when you grow up. They are white and shiny, and they help you to eat. They are your teeth, of course!

Babies are not born with teeth. They get them when they are about six months old. Little kids have 20 baby teeth. They fall out when you are about six years old.

Then, you begin to grow adult teeth. They are larger than your baby teeth. They help you to bite into apples and sandwiches. They help you to chew, too.

Make sure to take care of your teeth. Brush your teeth after every meal. Floss between them at least once a day. And don't forget to visit the dentist twice a year. This way, you will always have a bright white smile!



STORY QUESTIONS

1. Adults have . . .
 - a. 20 teeth.
 - b. 6 teeth.
 - c. 32 teeth.
 - d. no teeth.
2. Kids lose their baby teeth when they are . . .
 - a. six months old.
 - b. six years old.
 - c. 32 years old.
 - d. dentists.
3. Teeth help you to . . .
 - a. bite into food.
 - b. floss.
 - c. grow up.
 - d. sleep.
4. In this story, *brush* means . . .
 - a. sweep.
 - b. touch.
 - c. hair.
 - d. clean.



Name _____ Date _____

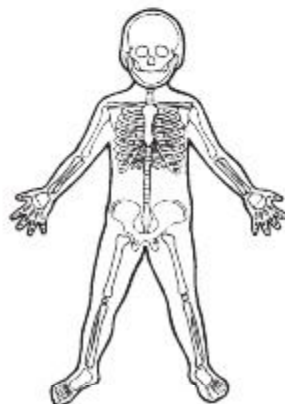
BONES

Without bones, you would not be able to stand. Your skin would fall down, and you could not walk or run. We need our bones!

A baby who has just been born has 300 bones. Slowly, these bones grow and join together. It is important to get plenty of calcium in milk, cheese, and yogurt. Calcium helps your bones to grow strong.

Adults have 206 bones. By the time they are 25 years old, all bones have finished growing. Now, you have a strong skeleton!

Take good care of your bones. For example, wear a helmet when you ride a bike or skate. This will protect your skull. Wear knee pads and elbow pads, too. A broken bone hurts, and it takes a long time to heal. Treat your bones nicely, and they will be nice to you!



STORY QUESTIONS

1. What would happen to your skin without bones?
 - a. It would run away.
 - b. It would break.
 - c. It would fall down.
 - d. It would become a skeleton.
2. Babies have . . .
 - a. more bones than adults.
 - b. no bones.
 - c. 206 bones.
 - d. fewer bones than adults.
3. In this story, *skeleton* means . . .
 - a. a Halloween poster.
 - b. a scary thing in a movie.
 - c. all of your bones.
 - d. dinosaur.
4. A broken bone . . .
 - a. helps you ride a bike.
 - b. takes a long time to heal.
 - c. does not hurt.
 - d. protects your skull.



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COMMON COLD

Are you sneezing and coughing? Do you have a headache? Is your nose running? Is your throat sore? If so, you might have a common cold.

A cold is caused by an infection in the nose. Some colds last for two days, and others last for two weeks. Adults get between two and three colds each year. Children get between six and 10 colds each year!

How do you keep from getting a cold? Wash your hands often. Cold germs can live on doorknobs and other objects. If a sick person opens a door, and then you open a door, you may get a cold. If you touch your nose or eyes, wash your hands right away. If you blow your nose, wash your hands again. This will help to keep colds far away from you!



STORY QUESTIONS

1. If you have a cold, you might get . . .
 - a. a broken bone.
 - b. a sore throat.
 - c. a doorknob.
 - d. spots.
2. A cold is caused by an infection in the . . .
 - a. throat.
 - b. ear.
 - c. nose.
 - d. hands.
3. How can you keep from getting a cold?
 - a. blow your nose
 - b. sneeze
 - c. touch doorknobs
 - d. wash your hands
4. In this story, *cold* means . . .
 - a. chilly.
 - b. frozen.
 - c. illness.
 - d. cool.



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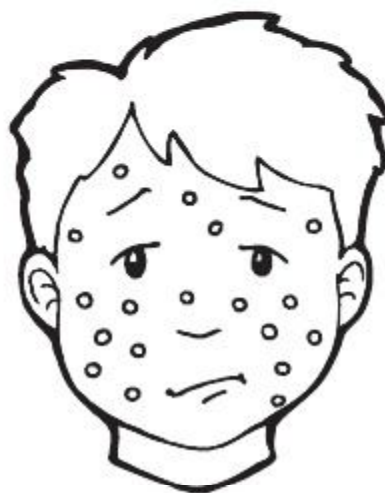
CHICKEN POX

Chicken pox has nothing to do with chickens. It is a disease that usually affects kids. But don't worry. Chicken pox will make you itch, but it won't hurt you.

Chicken pox has been around for hundreds of years. If you get it, you will have a fever. You will also have sores on your body. These sores itch!

You can catch chicken pox through the air. This is why it spreads through schools so quickly. It is important to cover your mouth when you cough or sneeze and to wash your hands.

Now you can get a shot to prevent chicken pox. But if you do get this disease, it won't last long. You can take a bath in oatmeal. This will stop the itching!



STORY QUESTIONS

1. Chicken pox usually affects . . .
 - a. adults.
 - b. chickens.
 - c. sores.
 - d. kids.
2. What will you get if you have chicken pox?
 - a. sores
 - b. chickens
 - c. oatmeal
 - d. broken bones
3. Chicken pox is a disease that spreads through . . .
 - a. oatmeal.
 - b. the air.
 - c. sores.
 - d. itching.
4. Why is oatmeal useful to kids with chicken pox?
 - a. It is healthy.
 - b. It itches.
 - c. It stops the itching.
 - d. It helps a fever.



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EYES

Your eyes work hard. From the moment you wake up until you close them in bed at night, they are on duty. It is good to take care of your eyes.

You should use a light when you read. That way, your eyes will not have to work as hard. But too much sunlight is bad for your eyes. Make sure to wear sunglasses when you are out in bright sun.

It hurts to get poked or hit in the eye. When you play hockey or ski, make sure to wear goggles. Don't run with pencils, scissors, or other sharp objects. Be careful of other people's eyes, too.

If you have a hard time seeing, you should get your eyes checked by a doctor. You may need eyeglasses. Treat your eyes well. They work hard for you!



STORY QUESTIONS

1. You should read with . . .
 - a. sunglasses.
 - b. a light.
 - c. goggles.
 - d. a doctor.
2. Wear goggles when you play hockey in case . . .
 - a. there is bright sun.
 - b. your eyes are on duty.
 - c. you have a pencil.
 - d. you get hit in the eye.
3. You should be careful of . . .
 - a. only your eyes.
 - b. only other people's eyes.
 - c. no one's eyes.
 - d. everyone's eyes.
4. Where should you go if you have trouble seeing?
 - a. to a doctor
 - b. to a hockey game
 - c. skiing
 - d. to bed



Name _____ Date _____

GETTING MAD

Getting mad is normal. We get mad if a friend hurts us. We get mad if a toy breaks. But it is good to control your anger so you don't hurt yourself or anyone else.

Your heart beats fast when you get mad. Your face might get red. You may want to hit or kick or yell. Everyone feels mad sometimes.

There are good ways to control your anger. Never call someone names or hurt them. Instead, go away by yourself for a few minutes. Take deep breaths. Go for a run if you need to.

Then, say what you feel out loud. You might say, "I feel mad because I broke my doll." You could say, "I feel mad because my friend hurt my feelings." When you are calm, talk about how you feel with friends, teachers, or parents. Think about what you can do to feel better.



STORY QUESTIONS

1. Who gets mad?
 - a. everyone
 - b. only you
 - c. only kids
 - d. only parents
2. When you get mad, you should . . .
 - a. call someone "stupid."
 - b. take deep breaths.
 - c. kick your friend.
 - d. yell at your dog.
3. In this story, *feel* means . . .
 - a. touch.
 - b. pet.
 - c. hate.
 - d. think.
4. Getting mad is . . .
 - a. wrong.
 - b. silly.
 - c. bad.
 - d. normal.



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BRUISES

You bump your arm. You bump it hard. You do not get cut. Your skin does not break. Still, you get a bruise. Your skin turns blue-black. Why does this happen?

Blood flows in your body through tubes. Tubes that carry blood are called blood vessels. You have so many blood vessels in your body. You have enough blood vessels to go around the world! Some tubes are big. Some tubes are tiny.

Living things are made of cells. Cells are like building blocks. They are the smallest building block of living things. Your body has lots of cells. You have bone cells. You have skin cells. You have blood cells, too. You have lots of blood cells. Red blood cells make your blood look red.



When you get bumped, you may hurt some tiny blood vessels. Some may break. You bleed under your skin. When blood cells leak from the tubes, they die. When the cells die, they turn blue-black. We see the blue-black color. We call the blue-black color a bruise.

After many days, the bruise changes color. It changes from blue-black to purple. It changes from purple to yellow. Finally, the bruise is gone.

STORY QUESTIONS

- This passage is mainly about . . .
 - cells
 - bruises
 - blood
 - colors
- What are living things made of?
 - blood
 - vessels
 - cells
 - tubes
- If your bruise is yellow, it means that . . .
 - soon the bruise will be gone.
 - you are bleeding under the skin.
 - it will always stay that way.
 - soon the bruise will be purple.
- Which statement is **true**?
 - You do not have bone cells.
 - You do not have many blood vessels.
 - When you get a bruise, you cut your skin.
 - Red blood cells make your blood look red.



Name _____ Date _____

LAUGHTER

Ha, ha, ha! The average person laughs 17 times a day. When is the last time you laughed? Laughing is good for your body and brain!

When you laugh, your mouth opens. You smile, and you take in more air, which gives more oxygen to the brain. You make funny noises, and the beat of your heart speeds up. Best of all, you feel happy. Laughing can calm you down if you are feeling angry.

It is fun to laugh with people. We laugh at jokes, and we laugh at TV shows. We laugh at movies, at clowns, and at the funny things that animals do.

Some scientists say that dogs can laugh, too. They make a sound like panting when they are happy. What does your own laugh sound like?



STORY QUESTIONS

- The average person laughs . . .
 - all day.
 - 7 times a day.
 - with people.
 - 17 times a day.
- What do you take in when you laugh?
 - bugs
 - air
 - clowns
 - dogs
- Who says dogs can laugh?
 - other dogs
 - the average person
 - some scientists
 - clowns
- In this story, *panting* means . . .
 - clothes.
 - shorts.
 - breathing quickly and loudly.
 - telling a joke.



Name _____

Date _____

ALLERGIES

Does your skin swell and itch after a bee sting? When you eat peanuts, do you have trouble taking a breath? Do your eyes burn in the spring? If so, you might have allergies.

An allergy means that something in the air or in your food makes you sick. You might eat a peanut butter cookie and be happy. But your friend could feel sick after eating the same cookie. Your sister might feel fine after a bee sting, but you might get a rash and feel bad.

Some kids are allergic to dogs or cats. Some get sick when trees or flowers bloom. It is good to know what makes you sick. Then, you can stay away from it. Your doctor can test you. This way, you will stay happy and feeling good.



STORY QUESTIONS

1. If you are allergic to bees, a sting might give you . . .
 - a. a cookie.
 - b. a cat.
 - c. a rash.
 - d. a flower.
2. In this story, *burn* means . . .
 - a. flames.
 - b. hurt.
 - c. fire.
 - d. candle.
3. If you feel sick after eating a peanut, you could have . . .
 - a. an allergy.
 - b. a dog.
 - c. a sandwich.
 - d. a cookie.
4. If something makes you sick, you should . . .
 - a. eat more.
 - b. get a cat.
 - c. get mad.
 - d. get tested.



Name _____ Date _____

FOODS WITH COLOR

Red berries. Orange carrots. Green peppers. Fruits and vegetables come in many colors. The more colors you eat, the better you will feel!

Eat your greens. Broccoli, spinach, and dark green lettuce are good for you. You can make a salad or a tasty stir-fry dish. Eat your blues, too. Blueberries and grapes will keep your body well.

Red foods like tomatoes are good. So are orange foods like oranges and carrots. Don't forget yellow foods! Bananas are not only for monkeys. They will keep you healthy, too.

Every day, your plate can be full of color. Try to see how many colors you can eat at every meal.



STORY QUESTIONS

1. If you eat many colors, you will feel . . .
 - a. sick.
 - b. rainbows.
 - c. healthy.
 - d. blue.
2. You can make a salad out of . . .
 - a. spinach.
 - b. monkeys.
 - c. crayons.
 - d. yellow.
3. Grapes will keep your body . . .
 - a. full.
 - b. sick.
 - c. blue.
 - d. well.
4. Every day, your plate should be full of . . .
 - a. color.
 - b. monkeys.
 - c. dessert.
 - d. cake.



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TALK IT OUT

Did your dog eat your good pair of shoes? Did your friend move away? Did your little brother break your game? Bad things happen to everyone. It is good to learn how to deal with them.

Some people keep their feelings inside. They may feel sad. They may feel mad. They don't let anyone know. This may make them feel sick. They may not sleep.

It is important to talk about your problems. You might want to talk to your parent. You might want to talk to your teacher. Maybe you have a good friend to talk with. Maybe you would feel best talking to a doctor.

When you talk about a problem, people can help you to work it out. You will see that things are not as bad as you thought. You will feel better. The next time something goes wrong, you may even be able to laugh about it!



STORY QUESTIONS

1. When you have a problem, you should . . .
 - a. keep it inside.
 - b. talk it out.
 - c. get sick.
 - d. sleep poorly.
2. In this story, *inside* means . . .
 - a. in the house.
 - b. in the classroom.
 - c. in your body and brain.
 - d. in your refrigerator.
3. When you talk about a problem, . . .
 - a. people can help you.
 - b. people will laugh at you.
 - c. the doctor will give you a shot.
 - d. you will get sick.
4. Sometimes, bad things happen to . . .
 - a. little brothers.
 - b. doctors.
 - c. teachers.
 - d. everyone.