

LEVELED BOOK • I

# Healthy Me



Written by Kira Freed • Illustrated by Angela Kamstra

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## Healthy Me

*A Reading A-Z Level I Leveled Book • Word Count: 319*



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Correlation	
LEVEL 1	
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Reading Recovery	15-16
DRA	16

Healthy Me  
Level 1 Leveled Book  
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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.



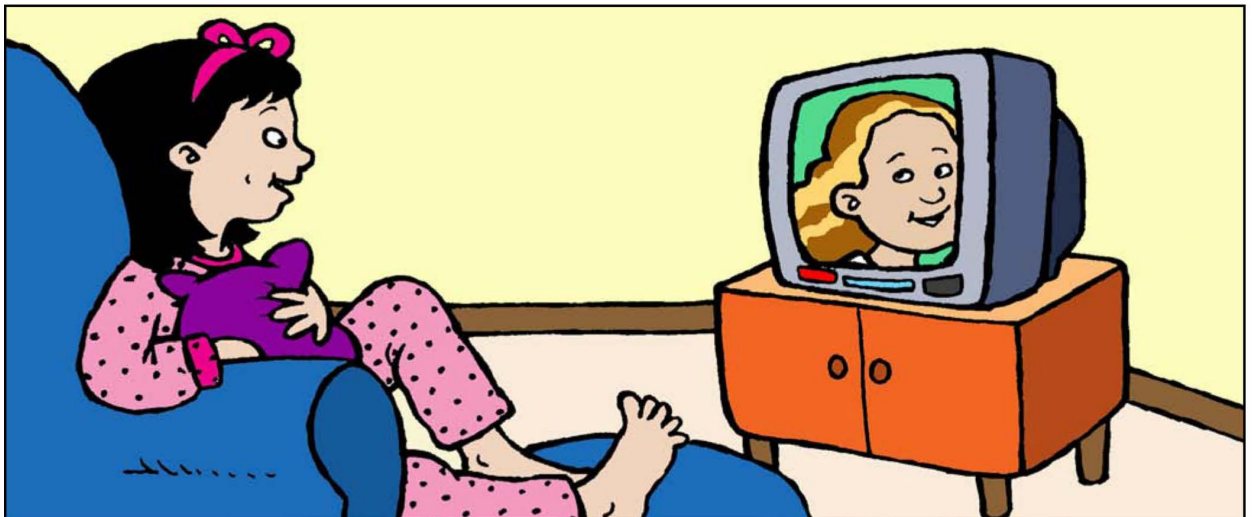
I like to be active and move my body .

I run, swim, and ride my bike.

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

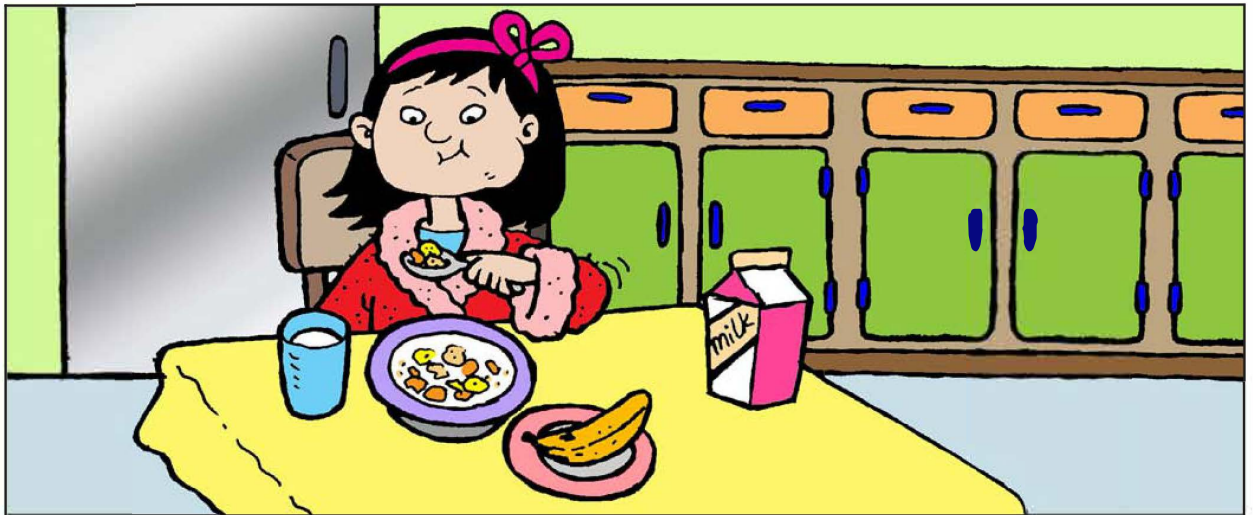


I like to play sports.  
Soccer is my favorite game.  
I also take hikes in the woods with my family.

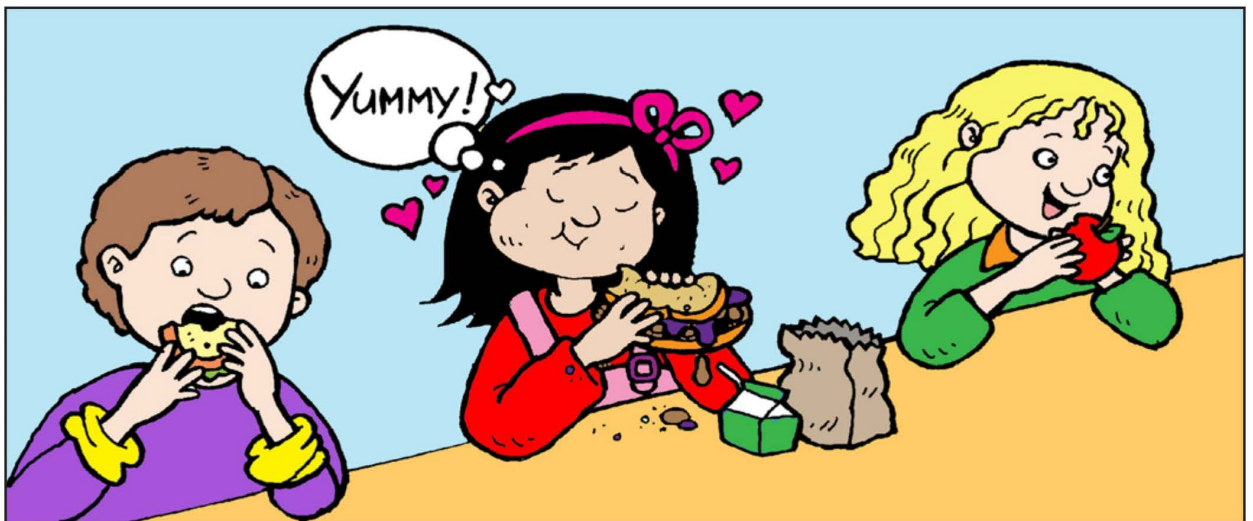


I like television, but I don't watch it for hours.  
I like computer games, but I don't play them for hours.  
Everyone needs to get up and move around.

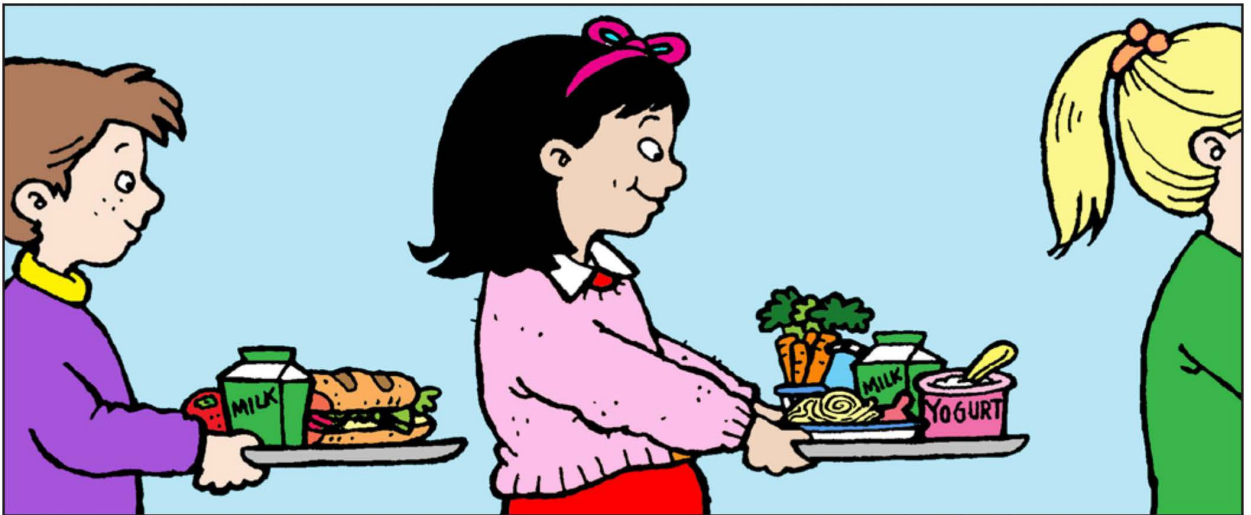




Eating well gives me energy.  
If I skip breakfast, I don't think very well.  
Everyone needs to eat a good breakfast.



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.

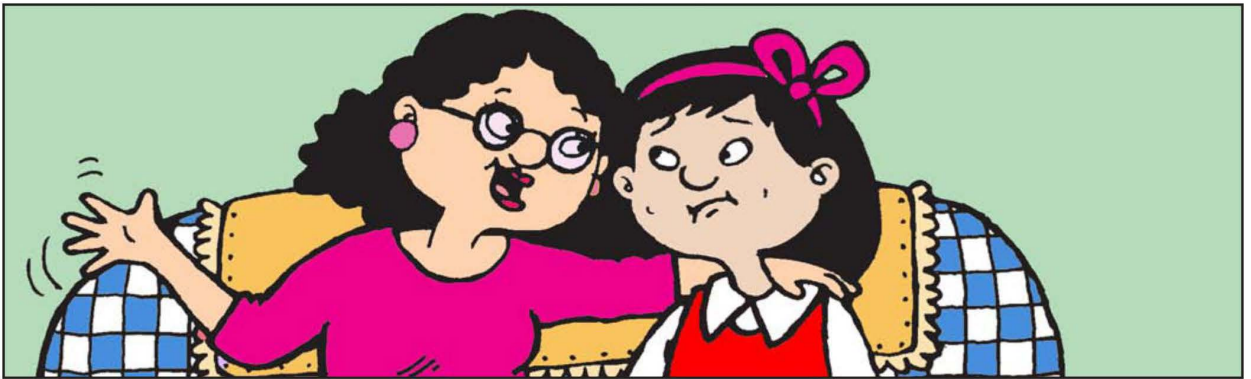
Healthy Me • Level 1

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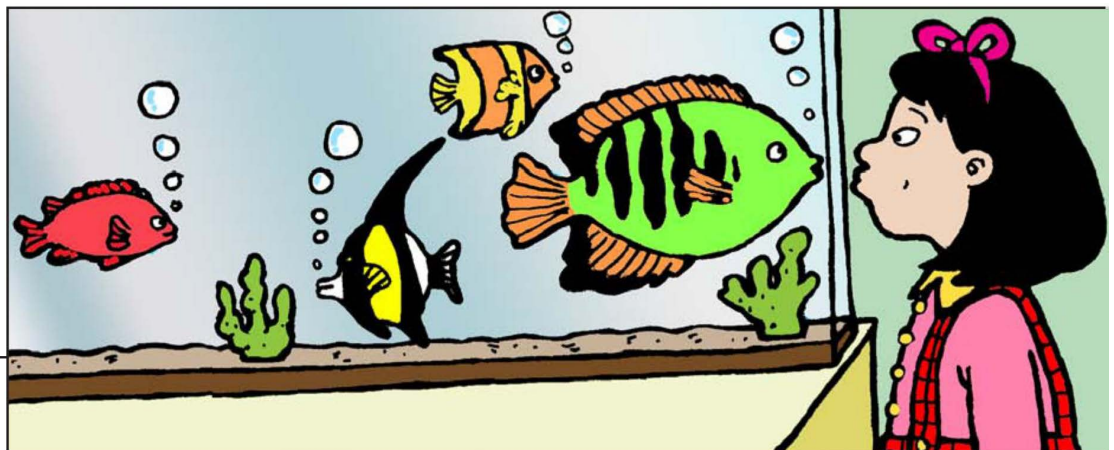


I brush my teeth three times a day.  
Brushing kills germs that cause cavities.  
I also take baths and showers.  
Everyone needs to wash to stay healthy.





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.