

# Good Nutrition

When we eat healthy foods, it helps our bodies stay strong and healthy. There are five main food groups, and you should eat a variety of foods each day from these groups. The meat group includes meats, fish, and nuts. These things give you protein. The dairy group includes milk, cheese and yogurt. These foods keep our bones strong. Fruits are another group and so are vegetables. We get vitamins from these foods. There are other foods that are not in the five main food groups. These are foods like chips, cookies, and candy. You should not eat too much of these foods. Good nutrition will keep your body strong!

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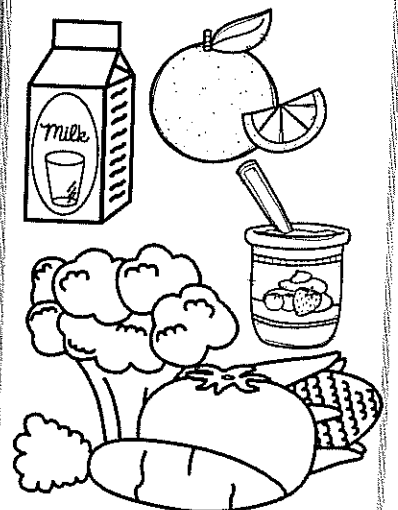
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# Comprehension Questions: Good Nutrition

1. How does eating healthy foods help our bodies?

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2. What do foods from the meat group give our bodies?

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3. How do foods from the dairy group help our bodies?

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4. How many food groups are there?

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5. Why do you think the story says you should eat a variety of foods?

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# Election Day

In America, citizens have the right to vote. 8

People in some places cannot vote. When you 16

vote, you get to tell the government what is 25

important to you. You can vote for different 33

candidates that are trying to get elected. 40

You can also vote on certain issues that 48

affect your community. When you vote, that 55

is your way in having a say in things that 65

affect your life like schools, the environment, 72

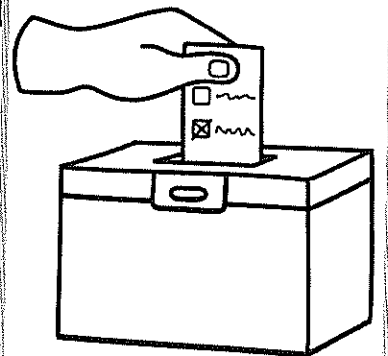
your health and safety. The government is in 80

charge of making decisions about all of these 88

things. It is important that everyone votes 95

so that their opinion counts! 100

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# Comprehension Questions: Election Day

1. What are candidates?

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2. What can you vote on besides candidates?

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3. What sorts of things does the government make decisions about?

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4. Can people all over the world vote?

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5. Why do you think it is important to vote?

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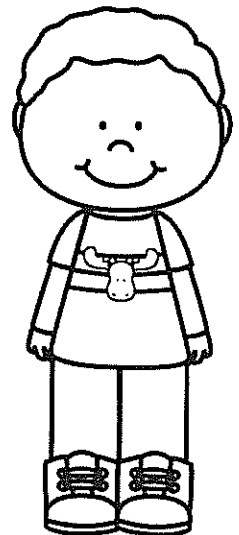
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# Opposites Attract

Lilly is my best friend. We have been friends 9  
 since we met in preschool. I did not know 18  
 anyone in my class, and Lilly asked if I wanted 28  
 to play. I felt shy because I did not know 38  
 her, but I said "yes." We have been best 47  
 friends ever since. Lilly is friendly, but I am 56  
 shy. I love sports, but Lilly likes dancing. Lilly 65  
 is loud, and I am quiet. We are best friends, 75  
 even though we seem like opposites! When 82  
 Lilly is sad, I know how to cheer her up. 92  
 When I am sick, Lilly makes cards for me. 101  
 She is a good friend to me and I am a good 113  
 friend to her. 116

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# Comprehension Questions: Opposites Attract

1. When did the two friends meet?

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2. How did the two friends meet?

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3. What is Lilly like?

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4. What is the other child like?

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5. Why do you think this story is called Opposites Attract?

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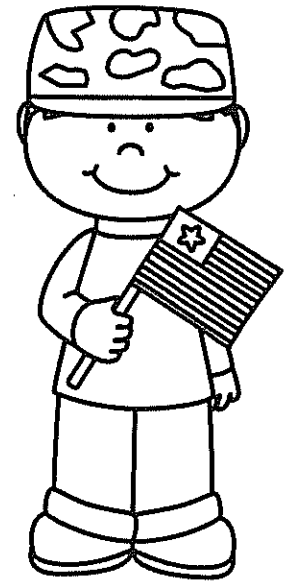
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# Thank a Veteran

Each year on November 11th, we celebrate 7  
 Veteran's Day in America. November 11 is 14  
 the anniversary of the end of World War I 23  
 in 1918. Veterans are men and women who 31  
 have served our country in the armed 38  
 forces. They may have fought in a war, or 47  
 they may have served during a time of 55  
 peace. Either way, they helped to protect 62  
 our country and keep it strong. If you 70  
 know a veteran, make sure to say "thank 78  
 you" to them and tell them "Happy 85  
 Veteran's Day" on November 11! 90

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# Comprehension Questions: Thank a Veteran

1. When is Veteran's day celebrated?

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2. What war ended on this date in 1918?

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3. What are veterans?

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4. What do veterans do for America?

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5. Why would you tell a veteran "Thank you?"

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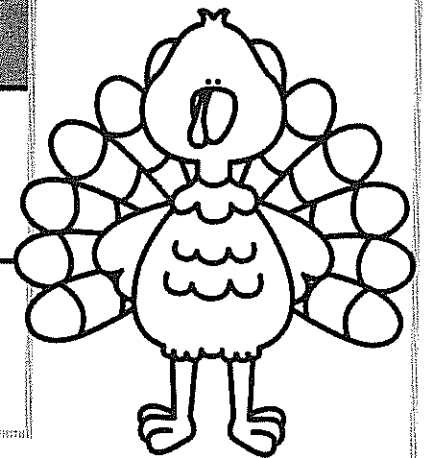
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# Gobble! Gobble!

Gobble, gobble! I know what bird you are 8  
 thinking of! Turkeys are large birds and people 16  
 seem to think of them around Thanksgiving. 23  
 The turkeys we buy at the store though are 32  
 different from wild turkeys. Those are 38  
 domestic turkeys and they live on farms. Wild 46  
 turkeys live in many different places in 53  
 America. Domestic turkeys cannot fly, but 59  
 wild turkeys can. They can sometimes fly for 67  
 more than a mile and up to 55 mph! Both wild 78  
 and domestic turkeys have a wattle, which is 86  
 skin that hangs from their necks, and a snood, 95  
 which hangs over their beaks. Turkeys are cool! 103

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# Comprehension Questions: Gobble! Gobble!

1. What are turkeys called that live on farms?

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2. Which type of turkeys can fly?

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3. Do you think turkeys are cool? Why or why not?

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4. What is a wattle?

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5. What is a snood?

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# Turkey Trot

Tom and Tina Turkey went for a walk on the farm. "Tomorrow is the Turkey Trot race and I really want to win it this year," Tom told his sister. "I know you do," replied Tina. "You can beat Timothy this year. You have been practicing!" "I can't wait!" Tom laughed. Sadly, he did not notice a rock in the path. He tripped, twisting his ankle. "Oh no," he wailed. "Now I won't be able to race!" "Don't worry," said Tina. "I will race in your place." The next morning, all the turkeys lined up to race while Tom watched from the side. Although it was close, Tina won by a beak. "Way to go Tina!" shouted Tom.

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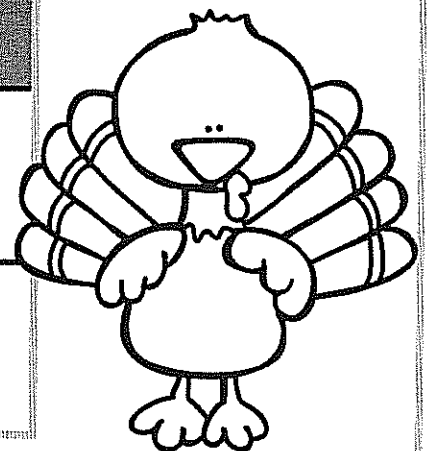
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# Comprehension Questions: Turkey Trot

1. What was the name of the race Tom wanted to win?

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2. Who was Tom hoping to beat?

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3. What happened to keep Tom from racing?

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4. Who won the race?

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5. How do you think Tom felt at the end of the race? Why?

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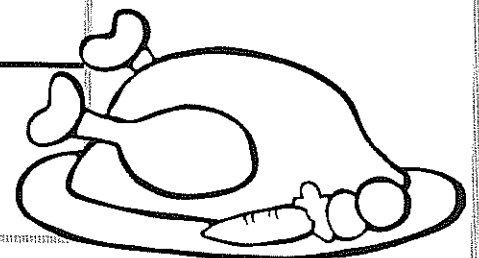
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# The Thanksgiving Dinner

I was so excited to help mom make 8  
 Thanksgiving dinner this year. Every year I 15  
 had watched her make a delicious meal, and 23  
 this year I was finally old enough to help. We 33  
 started by putting the turkey in the oven. 41  
 Next, we made the pies. We made pumpkin, 49  
 cherry and apple pies. Soon, the house was 57  
 filled with delicious smells. After that, we 64  
 made corn, gravy, stuffing and my favorite- 71  
 mashed potatoes! Everyone sat down at the 78  
 table, as mom and I served the food. I smiled 88  
 when everyone talked about how good the 95  
 food was because this year I had helped! 103

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# Comprehension Questions: The Thanksgiving Dinner

1. Why did the child get to help this year?

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2. What did they cook first?

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3. What kind of pies did they make?

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4. What is the child's favorite dish?

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5. How do you think the child felt about helping with the meal? Why?

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# Bike Safety

Lots of kids like to ride their bikes, but it is important to be safe so you do not get hurt. An important thing to remember is to always wear a helmet. You can get badly injured if you hurt your head, and a helmet will help protect you. Another rule to remember is to always ride in a safe area. If you ride on the sidewalk, you need to look out for cars coming and going into driveways. If you ride on the road, you need to be very careful and keep a close eye out for cars at all times. Riding your bike is fun, but you have to remember to use good bike safety.

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# Comprehension Questions: Bike Safety

1. Why is it important to be safe when riding a bike?

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2. Why should you wear a helmet?

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3. What should you do if you are riding on the road?

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4. Why is it important to practice good bike safety?

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5. What other bike safety rules can you think of?

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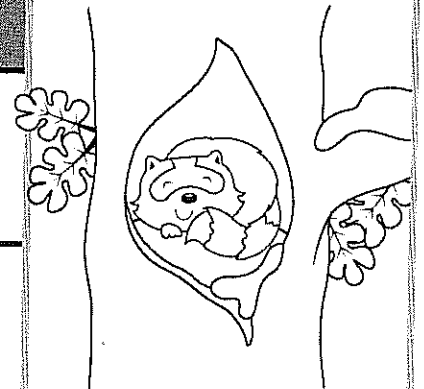


# Animals in Winter

In the winter, it can become difficult for animals to survive. It is hard for them to find food, and they need protection from the weather. Animals protect themselves during the winter in many ways. Some animals hibernate. This means they go into a deep sleep for the entire winter and wake up in the spring. Other animals migrate. This means they leave cold areas, and head to warmer climates. Birds fly south for the winter where food is more plentiful. Other animals adapt to the winter by changing the color of their fur to help them hide in the snow. Finally, there are animals that prepare for the winter by storing extra food during other seasons.

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## Comprehension Questions: Animals in Winter

1. Why is it difficult for animals to survive in winter?

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2. What does hibernate mean?

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3. What does migrate mean?

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4. How do some animals adapt in winter?

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5. Why do you think animals changing their fur color helps them in winter?

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# My Fantastic Family

My mom just told me the most exciting news! My grandma and grandpa are coming to live with me! My mom said that they are getting older and it is hard for them to live on their own. I am happy because I love my grandparents so much. I love to play cards with my grandpa and paint pictures with him. My grandma likes to make cookies with me and she reads me stories. My mom and dad said it may be a little hard having extra people in our house, but I cannot wait for them to get here!

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## Comprehension Questions: My Fantastic Family

1. Why are the child's grandparents coming to live with them?

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2. What does the child like to do with his grandpa?

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3. What does the child like to do with his grandma?

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4. Why would it be hard to have extra people in the house?

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5. How does the child feel about his grandparents coming to live with them?

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