



How Do You Stay Well?



by Caroline Hutchinson

Level: **E**
Word Count: **155**
Science

How to Read This Book with Children



Skills You Can Teach

Sight Word Vocabulary

care	stay
good	take
help	well
need	your

Concept Word Vocabulary

clean	food
body	sick
doctor	sleep
eat	teeth
exercise	

Phonics

- Words with short **e** (every, exercise, get, getting, help, well)

Comprehension

- Identify cause and effect
- Make connections

1. Read the title of the book aloud.
Ask: *What do you think this book will be about?*
2. Talk about the pictures on each page.
3. Ask children to point to one or two words they know.
4. Read the first page to children.
Encourage them to read along.
5. Ask children to read the rest of the book aloud.
6. Support children if they have trouble reading a word by using some of these prompts:
 - *Try reading that word again. Do you know something about the word that can help you?*
 - *Look at the picture. What is happening?*
 - *What word makes sense here?*
7. Reread the book aloud together and talk about it.
8. Build language and comprehension by using the ideas at the back of the book.

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Credits:

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How do you stay well?
There are many things
that you can do.

For Review Only





You can eat many kinds
of food to stay well. Do you
eat salad? Do you eat fruit?
These are some foods that
can help you stay well.





You can exercise to stay well,
too. Do you like to skate? Do
you like to bike? These are
some ways to get exercise.



