

Harcourt  
Health  
and  
Fitness

Planning Resources

Grade 1

**Activity Book**

# You Are Growing

## Lesson 1 pp. 4–7

Draw a line from the sense to its body part.

touch

sight



smell

hearing

taste

## Lesson 2 pp. 8–9

Mark an X on the picture that does NOT show how the baby will **grow** and change.



## Lesson 3 pp. 10–11

Write the letter of the word to complete each sentence.

**a.** muscles

**b.** bones

1. \_\_\_\_\_ Your skeleton is made up of \_\_\_\_\_.

2. \_\_\_\_\_ Some \_\_\_\_\_ help you move.

Name \_\_\_\_\_

Quick Study  
(continued)

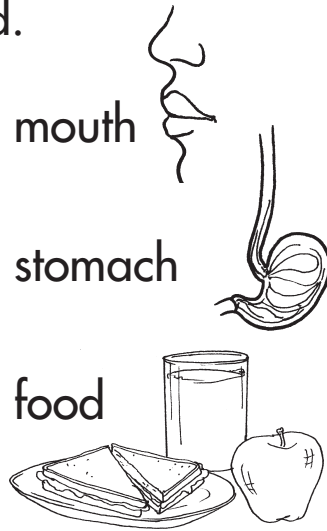
**Lesson 4** pp. 12–13

Draw lines to match each sentence with a word.

What gives your body energy?


Where do you start to digest food?

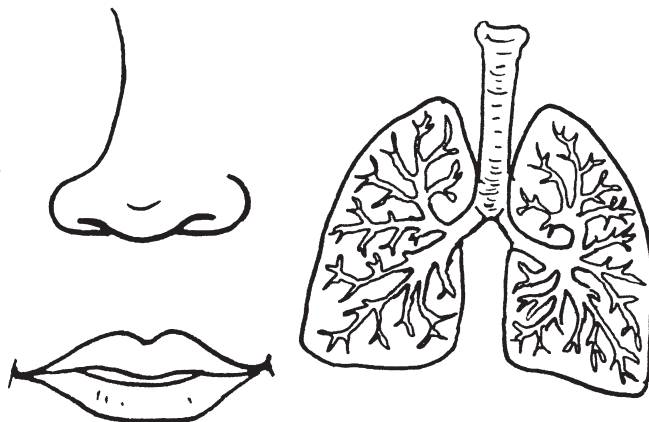
Where is food broken down?



**Lesson 5** pp. 14–15

Use  to color the body parts that take in air.

Use  to color the body parts that take what the body needs from the air.



**Lesson 6** pp. 16–17

Look at the picture. Then answer each question.

**heart**      **exercise**

Which body part pumps blood?

What makes the heart strong?

\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_



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Name \_\_\_\_\_



**Reading  
Skill**

# Make Predictions

**Read the sentence in the first box.  
Draw a picture to show what will happen.**

Mario plants a seed and takes good care of it.



**What Will Happen**



## Set Goals

# Steps for Setting Goals

1. Set a goal.
2. Make a plan to meet the goal.
3. Work toward the goal.
4. Ask yourself how you are doing.

**Use the steps to solve this problem.**

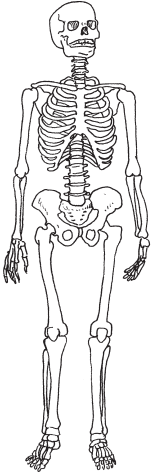
You want your heart and lungs to be healthy.  
Make an exercise plan. Draw pictures to show the steps you will take to meet your goal.

<b>1.</b>	<b>2.</b>
<b>3.</b>	<b>4.</b>


# Hidden Word

Use the clues to fill in the missing letters.


1. ske \_\_\_\_\_ eton



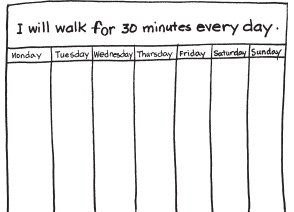
2. m \_\_\_\_\_ scles



3. se \_\_\_\_\_ ses

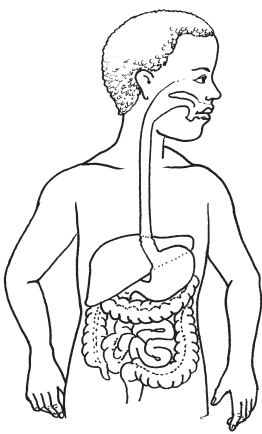


4. \_\_\_\_\_ oal



I will walk for 30 minutes every day.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

5. dige \_\_\_\_\_ t



Read the letters in the circles in order.  
Use the letters to answer the question.  
What body part do you use to breathe?

\_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_



# Taking Care of Your Body

## Lesson 1 pp. 26–29

Draw two things you can use to keep your skin healthy.

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## Lesson 2 pp. 30–33

What do these clues tell about? Write the word in the web.

They help you  
choose the best  
products.

They tell you how  
products are alike  
and different.

They tell you  
what the  
products do.

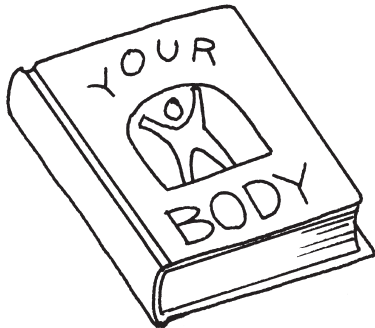
They tell you  
what is in the  
products.

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**Lesson 3** pp. 34–35

What can you do to find health information?  
Write the letter of the picture that goes with  
each sentence.

**a.**



**b.**



**c.**



\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

**1.** I can talk to a parent, doctor, or nurse.

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\_\_\_\_\_

\_\_\_\_\_

**2.** I can look in a book.

-----

\_\_\_\_\_

**3.** I can watch a video.



Name \_\_\_\_\_



# Use Context Clues

sunburn                      ad                      sunscreen

What do these clues tell about? Write the word in the circle.

1.

**Clues**

It has  
SPF 30.

It protects  
your skin.

It keeps you from getting sunburn.

Write two clues that tell about the word in the circle.

2.

**Clues**



Set Goals

# Steps for Setting Goals

1. Set a goal.
2. Make a plan to meet the goal.
3. Work toward the goal.
4. Ask yourself how you are doing.

## Use the steps to solve this problem.

You want to keep your hands clean. Your goal is to wash your hands before and after every meal. Write sentences to tell how you will meet this goal.

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Name \_\_\_\_\_

# What Am I?

Write the word from the box that fits each clue.

**sunscreen      ad      sunburn      germs**

I make skin red and sore.

\_\_\_\_\_

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\_\_\_\_\_

We are tiny things that can make you sick.

\_\_\_\_\_

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\_\_\_\_\_

I protect skin from the sun.

\_\_\_\_\_

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\_\_\_\_\_

I try to get you to buy a product.

\_\_\_\_\_

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\_\_\_\_\_



# Your Teeth

**Lesson 1** pp. 44–47

Write a word or words from the box to complete each sentence.

primary teeth    bite    permanent teeth    chew

\_\_\_\_\_  
-----  
Your \_\_\_\_\_ grow in when you are a baby.  
\_\_\_\_\_

\_\_\_\_\_  
-----  
Your back teeth help you \_\_\_\_\_ food  
into small pieces.  
\_\_\_\_\_

\_\_\_\_\_  
-----  
Your \_\_\_\_\_ are your second set of teeth.  
\_\_\_\_\_

\_\_\_\_\_  
-----  
You \_\_\_\_\_ into food with your front teeth.

**Lesson 2** pp. 48–51

Draw two times when you should brush your teeth.

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**Lesson 3** pp. 54–55

Circle the picture that shows a way to keep your teeth safe. Cross out the picture that shows something that can harm your teeth.



**Lesson 4** pp. 56–57

What are two reasons you visit the **dentist**?

\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

Name \_\_\_\_\_



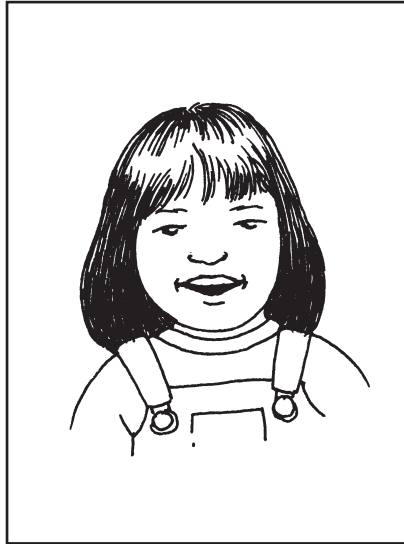
**Reading Skill**

# Sequence

Use sequencing to number the pictures in order.  
Write 1, 2, or 3 below each picture.



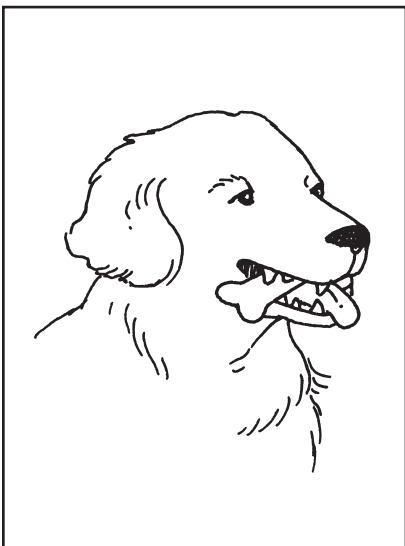
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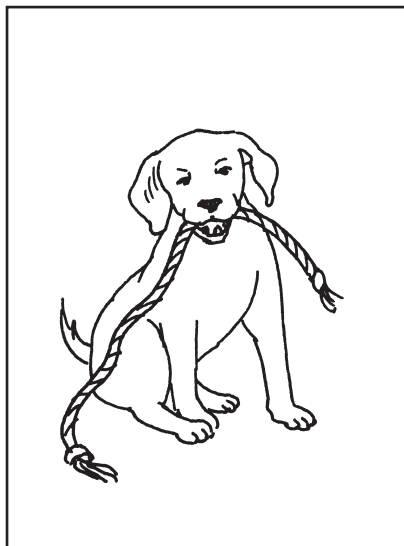
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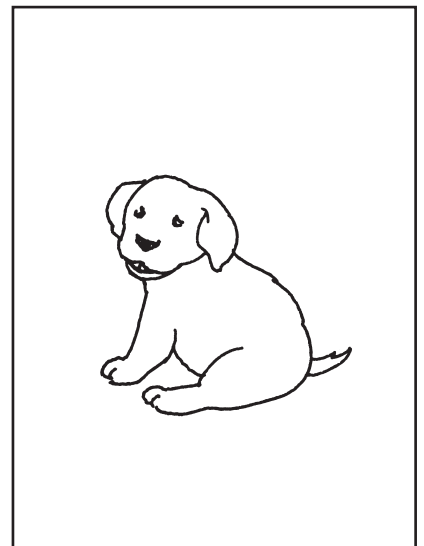
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\_\_\_\_\_  
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\_\_\_\_\_

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**Resolve Conflicts**

# Steps for Resolving Conflicts

- |  |   |
|--|---|
| <p><b>1.</b> Agree that there is a problem.</p> <p><b>3.</b> Think of ways to work together.</p> | <p><b>2.</b> Listen to each other.</p> <p><b>4.</b> Find a way for both sides to win.</p> |
|--|---|

**Use the steps to solve this problem.**

You and a friend want to play with a toy that is still in the package. Your friend wants to rip the package open with his teeth. He starts to do it. You know this is not a good idea. You get mad at him. How do you resolve the conflict?

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Name \_\_\_\_\_

# Tooth Mystery

permanent teeth  
dental hygienist

dentist  
floss

primary teeth

Write the words from the box to complete each sentence.

\_\_\_\_\_

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A \_\_\_\_\_ fixes  
tooth problems.

\_\_\_\_\_

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Your \_\_\_\_\_ are  
your first set of teeth.

\_\_\_\_\_

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A \_\_\_\_\_ helps  
a dentist clean your teeth.

\_\_\_\_\_

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You use \_\_\_\_\_  
to clean between your teeth.

\_\_\_\_\_

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Your \_\_\_\_\_ are  
your second set of teeth.





# Wonderful Food

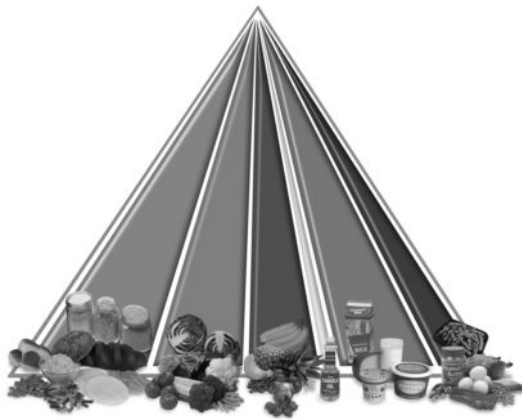
## Lesson 1 pp. 64–65

Draw two pictures of ways you use energy.

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## Lesson 2 pp. 66–69

Label **MyPyramid** with the correct groups.



vegetables

grains

milk

fruits

meat and beans

## Lesson 3 pp. 70–73

Fill in the missing vowels.

\_\_\_\_ \_  
br\_\_\_\_kf\_\_\_\_st

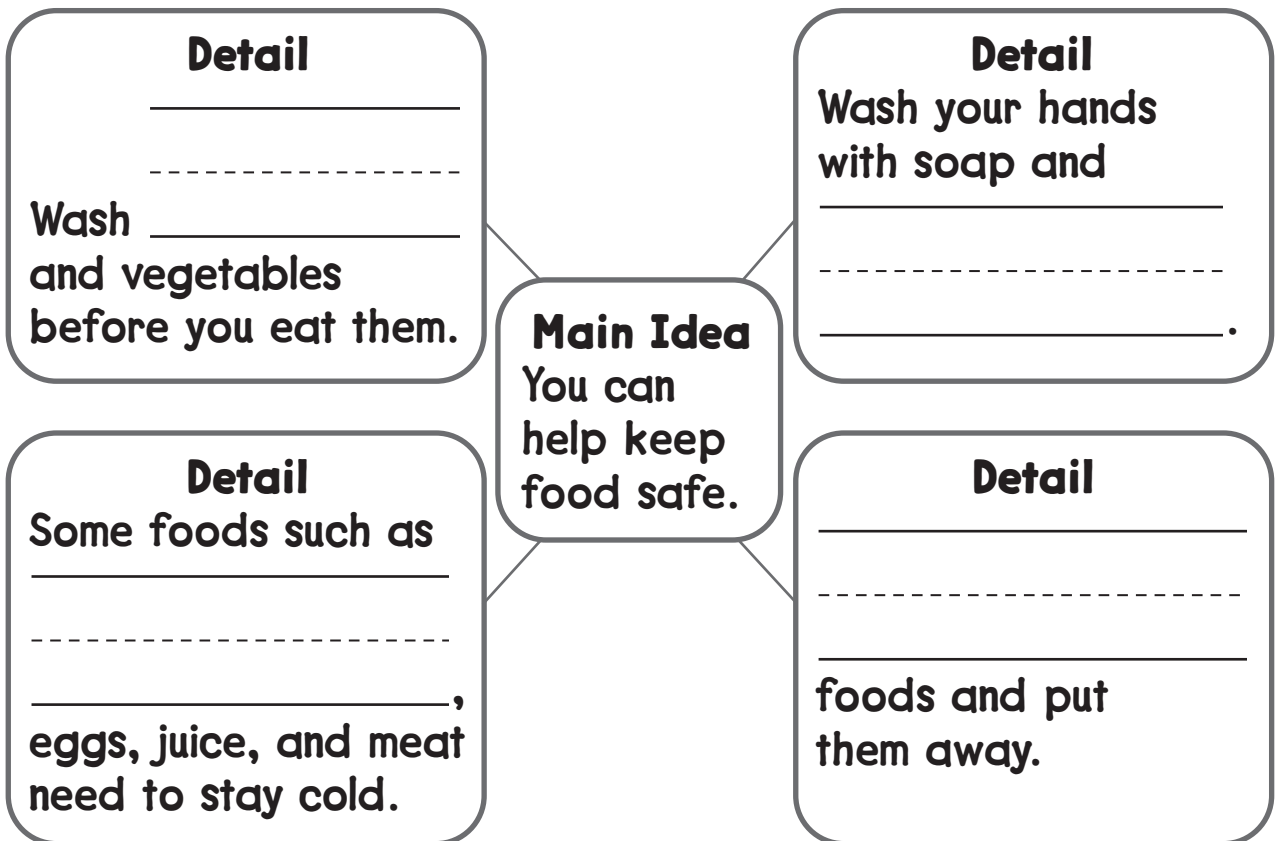
\_\_\_\_ \_  
d\_\_\_\_nn\_\_\_\_r

**Lesson 4** pp. 76–77

Write or draw your own ad for cereal.

**Lesson 5** pp. 78–79

Fill in the web.





# Find the Main Idea

Eating meals and snacks gives you energy. A good breakfast gives your body the energy it needs to start the day. A good lunch and dinner help your body have energy all day long. Snacks give you extra energy for work and play.

**Detail**

\_\_\_\_\_

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\_\_\_\_\_ gives  
your body energy at the  
start of the day.

**Detail**

\_\_\_\_\_

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\_\_\_\_\_ give  
you extra energy for work  
and play.

**Main Idea**

Eating \_\_\_\_\_  
\_\_\_\_\_

gives you \_\_\_\_\_.

**Detail**

\_\_\_\_\_

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\_\_\_\_\_ and \_\_\_\_\_ give  
your body energy all day.



**Make Decisions**

**Steps for Making Decisions**

- 1.** Think about the choices.
- 2.** Say NO to choices that are against your family rules.
- 3.** Ask yourself what could happen with each choice.
- 4.** Make the best choice.

**Use the steps to solve this problem.**

You want a snack. You see cookies, a can of soda, and an apple. You know your parents want you to choose healthful foods. What will you choose? Tell why.

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Name \_\_\_\_\_

# Food Words

Draw a line to match each word with its meaning.

### Words

- 1. breakfast
- 2. snack
- 3. lunch
- 4. dinner

### Meanings

- a. a meal eaten around noon
- b. a meal eaten in the evening
- c. the first meal of the day
- d. food eaten between meals

Choose one word from the list of words above.

Write a sentence that uses that word.

\_\_\_\_\_

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\_\_\_\_\_

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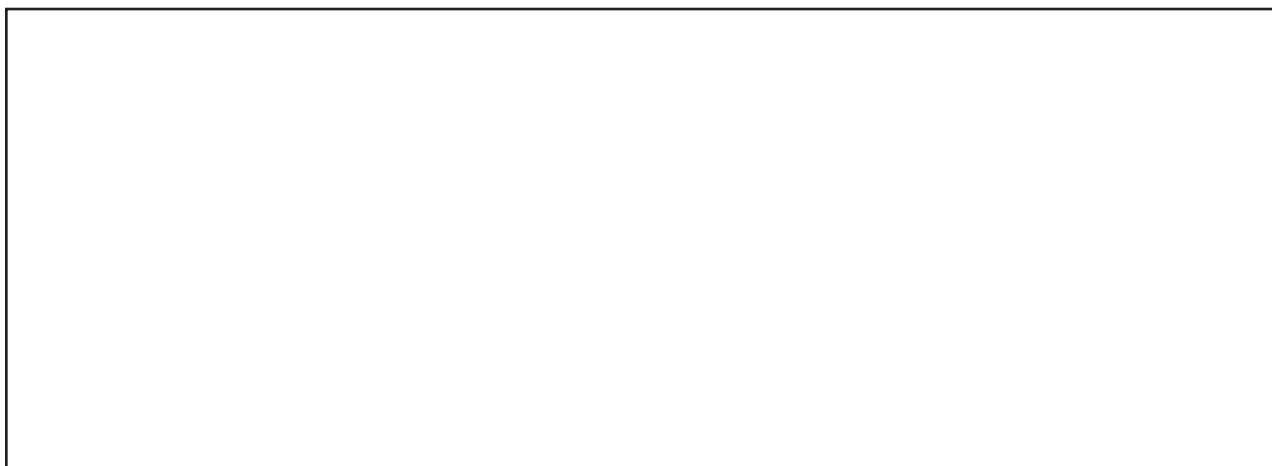
\_\_\_\_\_

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Draw a picture for your sentence.



# Keeping Active

**Lesson 1** pp. 86–87

Does this boy have good posture?  
Tell how you know.

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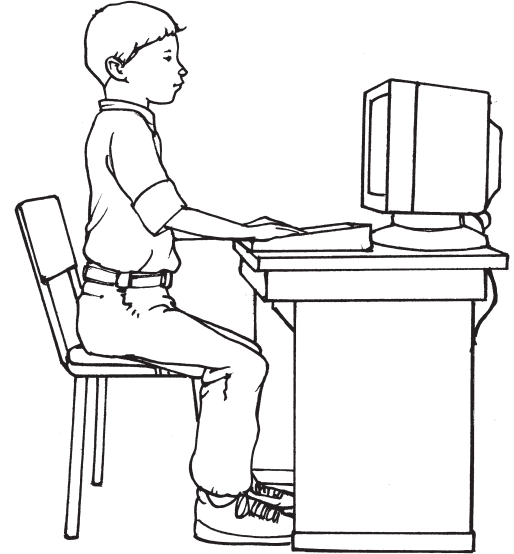
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**Lesson 2** pp. 88–91

Draw three ways you can stay fit.

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**Lesson 3** pp. 94–97

Write the word from the box that best completes the sentence.

**water**                      **helmet**                      **stretch**

\_\_\_\_\_

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To \_\_\_\_\_ is to gently pull your muscles.

For some kinds of exercise, you may need

\_\_\_\_\_

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a \_\_\_\_\_ and pads to stay safe.

\_\_\_\_\_

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Drink lots of \_\_\_\_\_ when you exercise.

**Lesson 4** pp. 98–99

Read these effects. Write or draw to tell their cause.

**Cause**



**Effects**

I have energy to think and learn.

My body can fight germs.

I have energy to run and play.

Name \_\_\_\_\_



# Find Cause and Effect

Write or draw to tell a cause for this effect.

**Cause**

**Effect**

I stay safe when  
I exercise.







## Manage Stress

# Steps for Managing Stress

1. Know what stress feels like.
2. Think about what is making you feel stress.
3. Do something that will help you feel better.
4. Get exercise.

### Use the steps to solve this problem.

You are going to sing in the school concert tomorrow. You are worried that you will make a mistake. What can you do to manage your stress?

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Name \_\_\_\_\_

# Picture Fitness

Write a sentence for each set of pictures.



**physical fitness**

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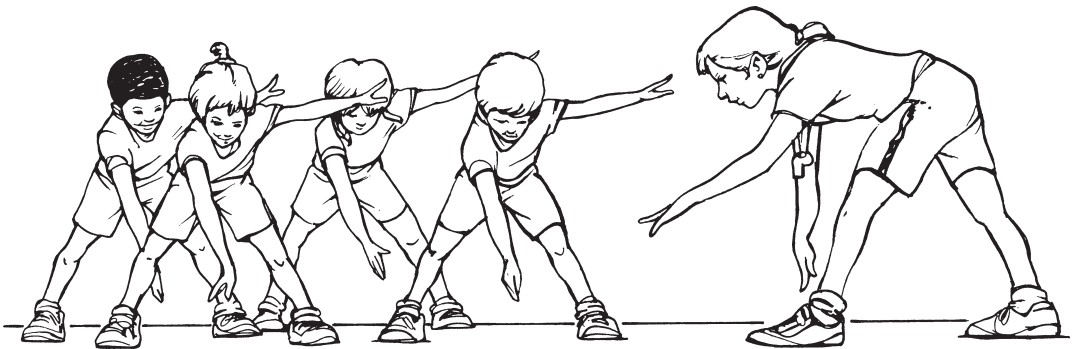
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**stretch**



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# Being Safe

## Lesson 1 pp. 106–109

Write **Do** or **Do not** to complete each safety rule.

\_\_\_\_\_

\_\_\_\_\_ touch hot things.

\_\_\_\_\_

\_\_\_\_\_ put your things away.

\_\_\_\_\_

\_\_\_\_\_ call 911 in an emergency.

\_\_\_\_\_

\_\_\_\_\_ climb up a slide.



## Lesson 2 pp. 110–113

Draw two pictures to show how to stay safe in a car or on a bus.

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**Lesson 3** pp. 114–117

Write a word from the box below each picture.

**Think**                      **Stop**                      **Listen**                      **Look**



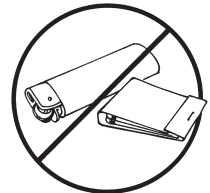
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**Lesson 4** pp. 118–121

Write a fire safety rule to go with this picture.



\_\_\_\_\_

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\_\_\_\_\_

**Lesson 5** pp. 124–125

Look at the picture. What should the girl do to be safe in the boat?



\_\_\_\_\_

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\_\_\_\_\_ in a boat.

Wear a \_\_\_\_\_.

Name \_\_\_\_\_

# Sequence

Write the number below the boxes to show the sequence. Then draw pictures to show the step. Write the step under each picture.

**Roll.**  
Roll over on  
the ground.



**Drop.**  
Lie down.  
Cover your  
face.



**Stop.**  
Do not run  
or wave your  
arms.

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

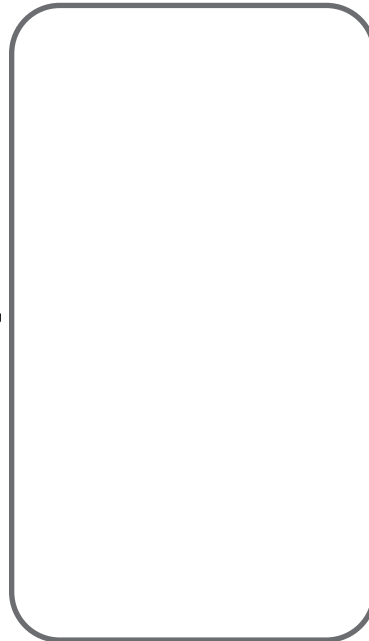
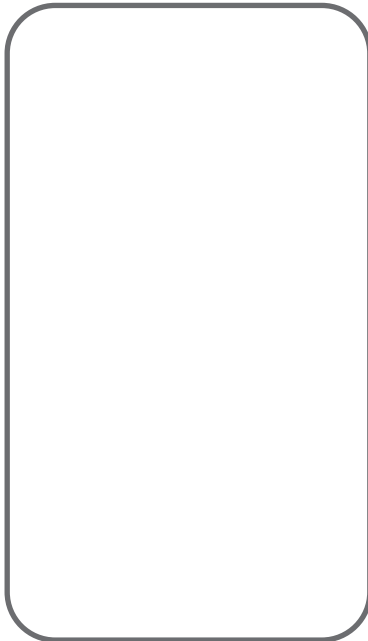
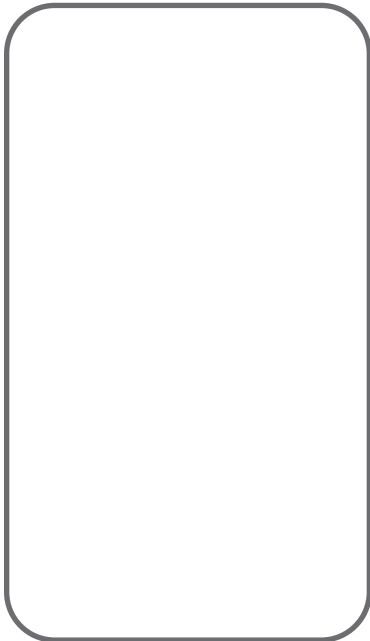
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\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_



### Refuse

## Steps for Refusing

1. Say NO, and tell why.
2. Think about what could happen.
3. Suggest something else to do.
4. Say NO again, and walk away.

### Use the steps to solve this problem.

You are at the playground. Your friend wants you to jump off a swing. What will you do? Tell why.

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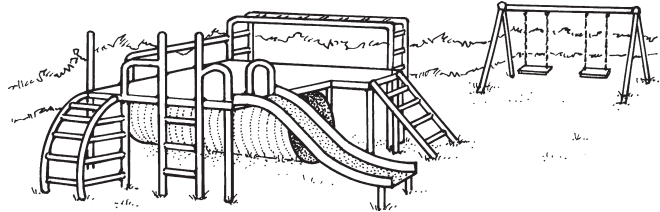
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# Safety Matching

Draw a line to match each vocabulary word with the correct picture.

1. emergency

a.



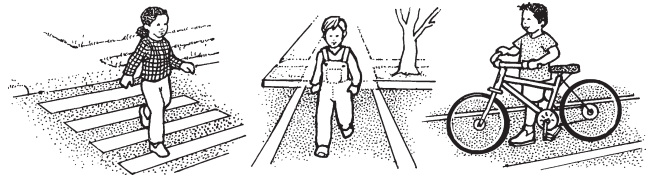
2. playground equipment

b.



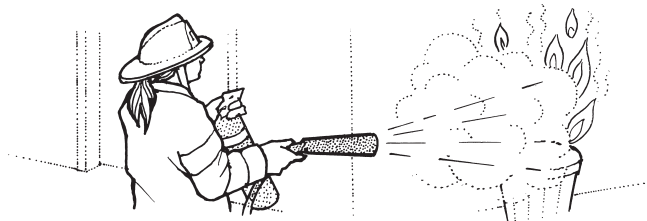
3. safety belt

c.



4. crosswalk

d.



# Avoiding Danger

**Lesson 1** pp. 132–133

Use the words from the box to complete the sentences in the web.

name                      strangers                      NO                      door

**Detail**  
Do not go anywhere  
\_\_\_\_\_  
-----  
with \_\_\_\_\_.

**Detail**  
Never tell strangers  
\_\_\_\_\_  
-----  
your \_\_\_\_\_ or  
where you live.

**Main Idea**  
A stranger can put  
you in danger.

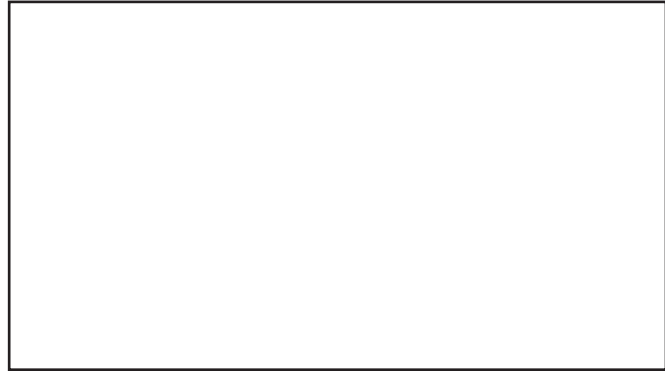
**Detail**  
Do not open the  
\_\_\_\_\_  
-----  
\_\_\_\_\_ to  
strangers.

**Detail**  
If a stranger bothers you,  
\_\_\_\_\_  
-----  
say \_\_\_\_\_, get  
away, and tell someone.



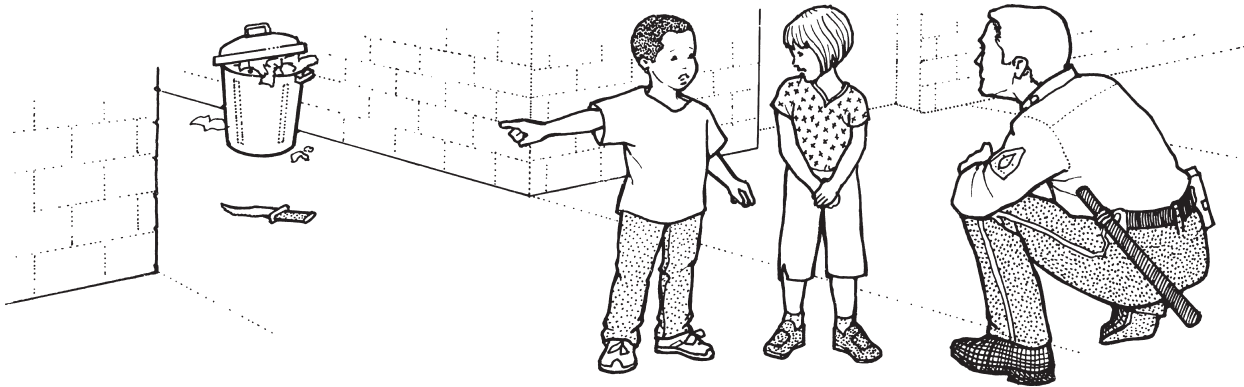
**Lesson 2** pp. 136–137

Write or draw a warning label for insect spray that has **poison** in it.



**Lesson 3** pp. 138–139

Write the word from the box that best completes the sentence.



weapons

police officer

touch

Guns and knives are \_\_\_\_\_.

Never \_\_\_\_\_ a weapon.

If you see a weapon, tell a parent, \_\_\_\_\_, or teacher.



# Recall and Retell

Recall the details. Retell what you learned about staying safe from strangers.

## Recall Detail

1. Do not talk to a stranger.



## Recall Detail

2. Do not go with a stranger.



## Recall Detail

3. Say NO, run away, and tell a trusted adult about a stranger.



## Retell

Name \_\_\_\_\_



Communicate

# Steps for Communicating

- |                                     |   |
|-------------------------------------|---|
| <b>1.</b> Decide whom to talk to.   | <b>2.</b> Listen carefully. Answer any questions. |
| <b>3.</b> Say what you need to say. | <b>4.</b> Follow directions.                      |

**Use the steps to solve this problem.**

You are at a parade with your mother. Your hat falls off. After you pick it up, you can not find your mother. How should you get help?

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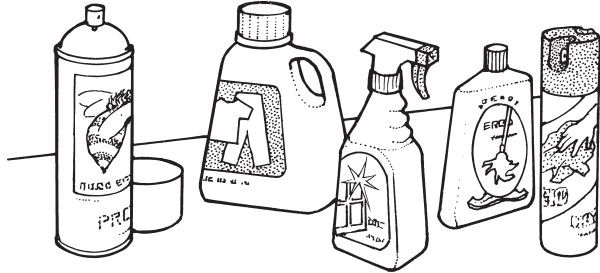


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# Code for Avoiding Danger

Use the number code to spell the words.

1 = a
2 = d
3 = e
4 = g
5 = i
6 = n
7 = o
8 = p
9 = r
10 = s
11 = t
12 = w



\_\_\_\_\_

\_\_\_\_\_

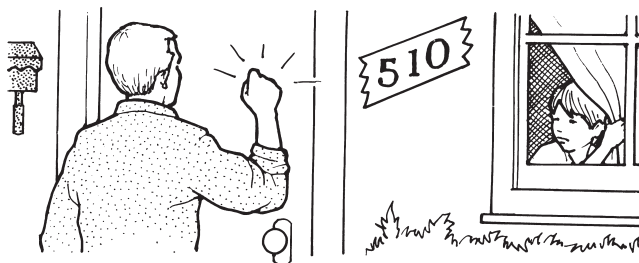
8 - 7 - 5 - 10 - 7 - 6



\_\_\_\_\_

\_\_\_\_\_

12 - 3 - 1 - 8 - 7 - 6 - 10



\_\_\_\_\_

\_\_\_\_\_

10 - 11 - 9 - 1 - 6 - 4 - 3 - 9



# Staying Well

## Lesson 1 pp. 146–149

Write how you might feel if you have a cold.

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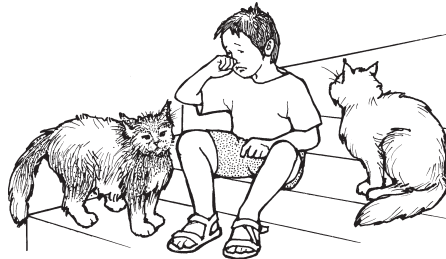
## Lesson 2 pp. 152–155

Draw two ways you can help stop germs from spreading.

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## Lesson 3 pp. 156–157

Use the word **allergies** in a sentence about the picture.




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**Lesson 4** pp. 158–159

Write a word from the box to complete each sentence.  
Then answer the question.

**checkups    healthful    exercise    clean    sleep**

\_\_\_\_\_

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Eat foods that are \_\_\_\_\_.

\_\_\_\_\_

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Walk, jog, or do some other \_\_\_\_\_ each day.

\_\_\_\_\_

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Keep your hands and your body \_\_\_\_\_.

\_\_\_\_\_

-----

Visit the doctor to get \_\_\_\_\_.

\_\_\_\_\_

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Get enough \_\_\_\_\_ every night.

\_\_\_\_\_

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What do these rules help you do? \_\_\_\_\_

# Find Cause and Effect

Read the cause. Write or draw two effects this cause may have.

## Cause



## Effects

Paul has an allergy to grass. His grandfather is cutting the grass.

Name \_\_\_\_\_



**Communicate**

# Steps for Communicating

- 1.** Decide whom to talk to.
- 2.** Say what you need to say.
- 3.** Listen carefully.  
Answer any questions.
- 4.** Get information.

## Use the steps to solve this problem.

You are at a friend's house. Your head begins to hurt. You feel tired and achy. Whom should you tell? What should you say and do?

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# Staying Healthy Puzzle

Use the words in the box to solve the puzzle.

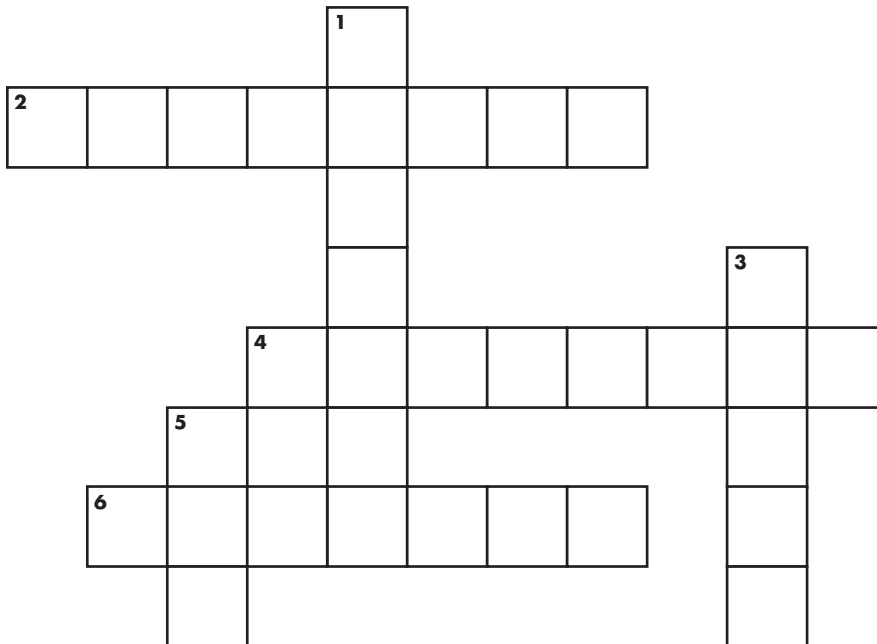
<b>virus</b>	<b>allergy</b>	<b>bacteria</b>
<b>ill</b>	<b>disease</b>	<b>vaccines</b>

### Across

- 2.** medicines that keep your body from getting some diseases
- 4.** germs that can make your stomach hurt
- 6.** an unhealthy way the body reacts because of something around you

### Down

- 1.** another word for illness
- 3.** a kind of germ that causes flu
- 5.** another word for sick





# About Medicines and Drugs

**Lesson 1** pp. 166–169

Use the words in the box to finish the web.



**Labels**      **never**      **safe**      **doctor**

**Detail**  
Keep medicines in a \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ place.

**Detail**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ tell you  
what medicines do.

**Main Idea**  
Always use medicines safely.

**Detail**  
\_\_\_\_\_  
\_\_\_\_\_  
You should \_\_\_\_\_  
take medicines on your  
own.

**Detail**  
You need a note from a \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ to buy  
some medicines.

**Lesson 2** pp. 170–171

Draw two drinks that have **caffeine**.

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**Lesson 3** pp. 172–173

Write the correct word to complete each sentence.



**habit**

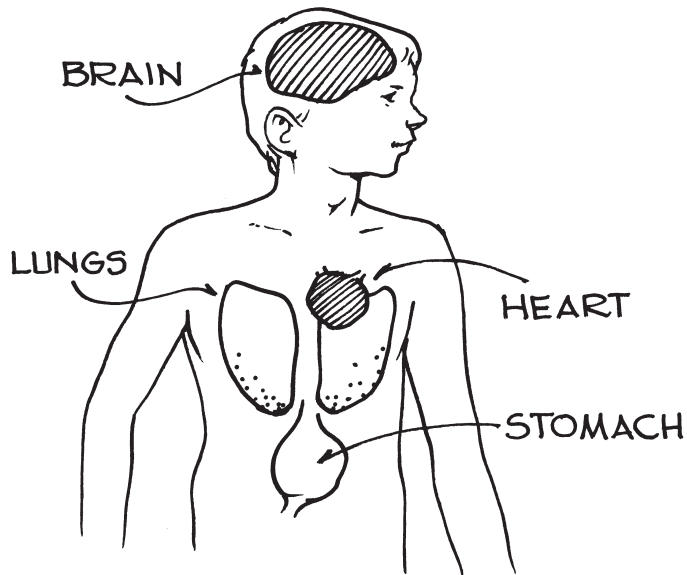
**legal**

Using tobacco is a \_\_\_\_\_ that is hard to stop.

Tobacco is not \_\_\_\_\_ for children.

**Lesson 4** pp. 174–175

Color the body parts that can be harmed by **alcohol**.



**Lesson 5** pp. 176–177

Read each sentence. Mark an X under Yes or No.

- Should you take **medicine** from a friend?
- Should you tell an adult if you see **drugs**?
- Should you trust **tobacco** ads?
- Should you stay away from **tobacco smoke**?

Yes	No



# Find the Main Idea

Write the correct word or words from the box to complete each detail.

tobacco smoke      Tobacco      habit      Drugs

**Detail**  
\_\_\_\_\_  
-----  
\_\_\_\_\_ in  
tobacco can cause lung  
disease.

**Detail**  
\_\_\_\_\_  
-----  
\_\_\_\_\_ is  
not legal for children.

**Main Idea**  
Tobacco has  
drugs in it that can  
harm your body.

**Detail**  
Other people's  
\_\_\_\_\_  
-----  
\_\_\_\_\_ can  
harm your lungs.

**Detail**  
Using tobacco is a  
\_\_\_\_\_  
-----  
\_\_\_\_\_ that  
harms people's health.



# Refuse Steps for Refusing

- 1. Say NO.  
Tell why not.
- 2. Think about what  
could happen.
- 3. Suggest something  
else to do.
- 4. Go home if you  
need to.

**Use the steps to solve this problem.**

Your friend finds a pack of cigarettes. She wants you to smoke one. How should you say NO?

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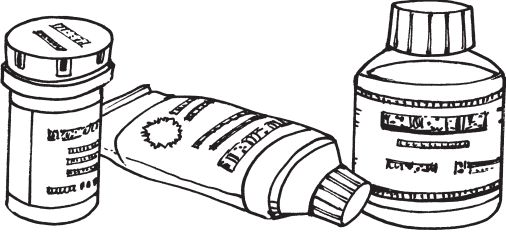




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Name \_\_\_\_\_

# Medicines and Drugs

Write the word that goes with each picture.

medicines      alcohol      refuse      caffeine      tobacco

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# You Have Feelings

## Lesson 1 pp. 186–187

Draw two pictures that show how you are **special**.

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## Lesson 2 pp. 188–191




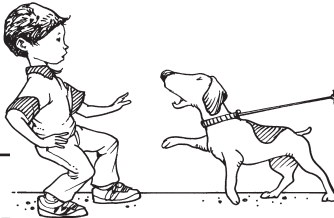
Write the word that tells about each feeling.

happy

angry

sad

afraid

**Lesson 3** pp. 194–195

Write the word that best completes each sentence.

kind      talk      share      friend      help

\_\_\_\_\_

-----

A \_\_\_\_\_ is a person you know and like.

Good friends \_\_\_\_\_ things with each other.

Good friends also \_\_\_\_\_ each other do things.

A friend is someone you can \_\_\_\_\_ to.

Good friends are \_\_\_\_\_ to each other.

**Lesson 4** pp. 196–199

Look at the picture. Write about how the children are showing **respect**.



\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_




# Use Context Clues

1. Read the sentences. Find four clues that tell about the word in the circle. Write them.

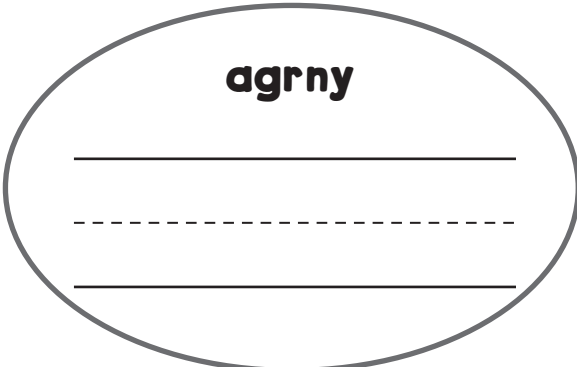
Good friends are kind. They share and help. They play together. They talk and listen to one another.

**Clues**

_____	_____
-----	-----
_____	_____
	
_____	_____
-----	-----
_____	_____

2. Use the clues to unscramble the word in the circle. Write the word.

**Clues**

mad		shout
upset	_____	yell



# Manage Stress

## Steps for Managing Stress

- 1.** Know what stress feels like.
- 2.** Figure out what is making you feel stress.
- 3.** Do something that will help you feel better. Talk with someone you trust.
- 4.** Think about doing well instead of feeling stress.

### Use the steps to solve this problem.

You and your sister are going to visit your grandparents. You will be taking an airplane by yourselves. You feel stress. How should you manage your stress?

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# Find the Missing Words


Write the correct word to complete the sentence.  
Look at the pictures for help.

**special feelings polite angry respect friends**

\_\_\_\_\_

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I feel \_\_\_\_\_ when my puppy  
chews up my things.



I have fun playing with my  
\_\_\_\_\_

-----

\_\_\_\_\_.



\_\_\_\_\_

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I show \_\_\_\_\_ by listening while  
others are talking.



\_\_\_\_\_

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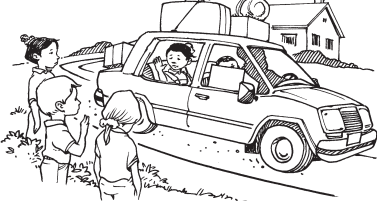
I feel \_\_\_\_\_ when I play the  
drums for my family.



\_\_\_\_\_

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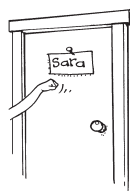
I had very sad \_\_\_\_\_ when  
my family moved.



\_\_\_\_\_

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To be \_\_\_\_\_, I knock on my  
sister's door before going in.



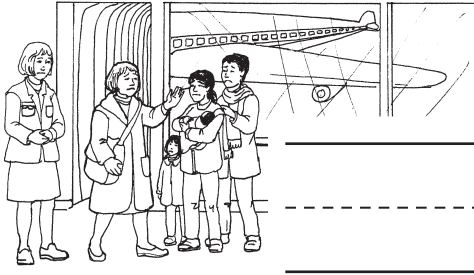


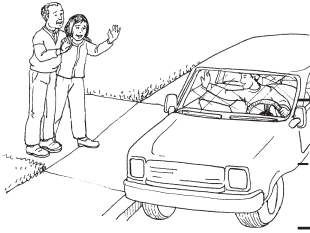
# Your Family

**Lesson 1** pp. 206–207

Draw two ways you can show you love and care for your family.

**Lesson 2** pp. 208–209

Write happy or sad to tell how each family might feel.

<p>A grandparent moves away.</p>  <p>_____</p> <p>-----</p> <p>_____</p>	<p>A parent comes home after being away.</p>  <p>_____</p> <p>-----</p> <p>_____</p>
<p>A baby sister is born.</p>  <p>_____</p> <p>-----</p> <p>_____</p>	<p>An older brother goes away to school.</p>  <p>_____</p> <p>-----</p> <p>_____</p>

**Lesson 3** pp. 210–213

Tell how members of each family work together.



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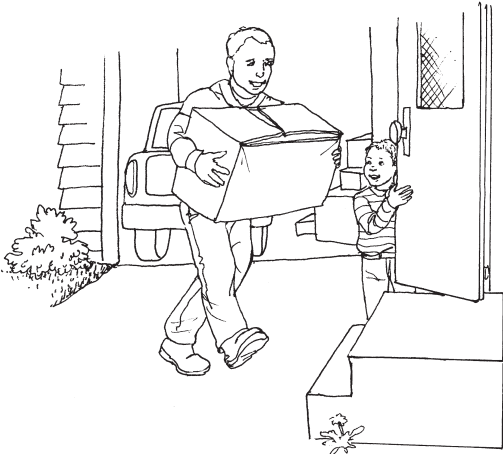
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# Recall and Retell

Retell what you learned about how families change.

**Recall Detail**

- 1. A family can change in many ways.



**Retell**

**Recall Detail**

- 2. A new baby can make you feel happy.



**Recall Detail**

- 3. When someone moves away, you may feel sad.





### Resolve Conflicts

# Steps for Resolving Conflicts

- 1. Agree that there is a problem.
- 2. Listen to each other.
- 3. Think of ways to work together.
- 4. Find a way for both sides to win.

### Use the steps to solve this problem.

Your grandmother gives you and your sister a new book. You both want to read it. How could you resolve this conflict?

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Name \_\_\_\_\_

# Mystery Word

Follow the directions to find the mystery word.

Write the first letter in FUN.

\_\_\_\_\_

-----

\_\_\_\_\_

\_\_\_\_\_

Write the second letter in CARING.

-----

\_\_\_\_\_

\_\_\_\_\_

Write the first letter in MOTHER.

-----

\_\_\_\_\_

\_\_\_\_\_

Write the second letter in SISTER.

-----

\_\_\_\_\_

\_\_\_\_\_

Write the first letter in **LOVE**.

-----

\_\_\_\_\_

\_\_\_\_\_

Write the last letter in HAPPY.

-----

\_\_\_\_\_

Put the letters together to make the word that names the group of people you **love**.

\_\_\_\_\_

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\_\_\_\_\_

Draw a picture about this word on another piece of paper.

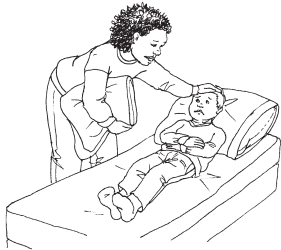




# A Healthful Neighborhood

## Lesson 1 pp. 222–225

Draw a line to match each **community** helper with what he or she does.



**A school nurse**

puts out fires.



**A firefighter**

helps children who  
feel ill at school.



**A doctor**

helps keep you safe.

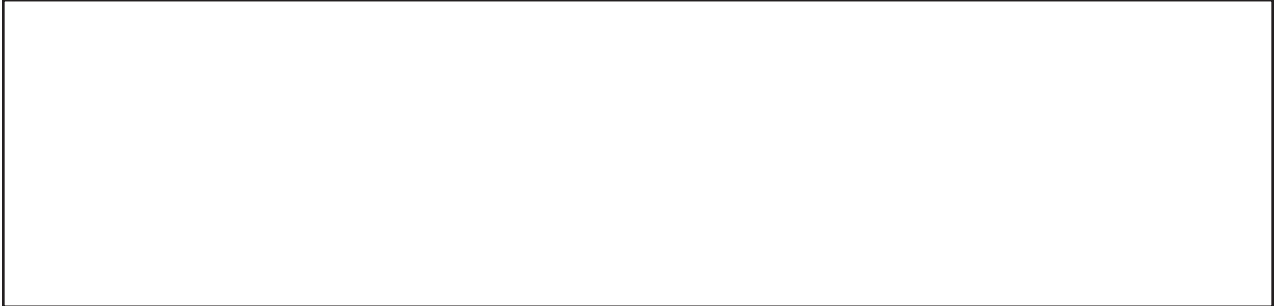


**A police officer**

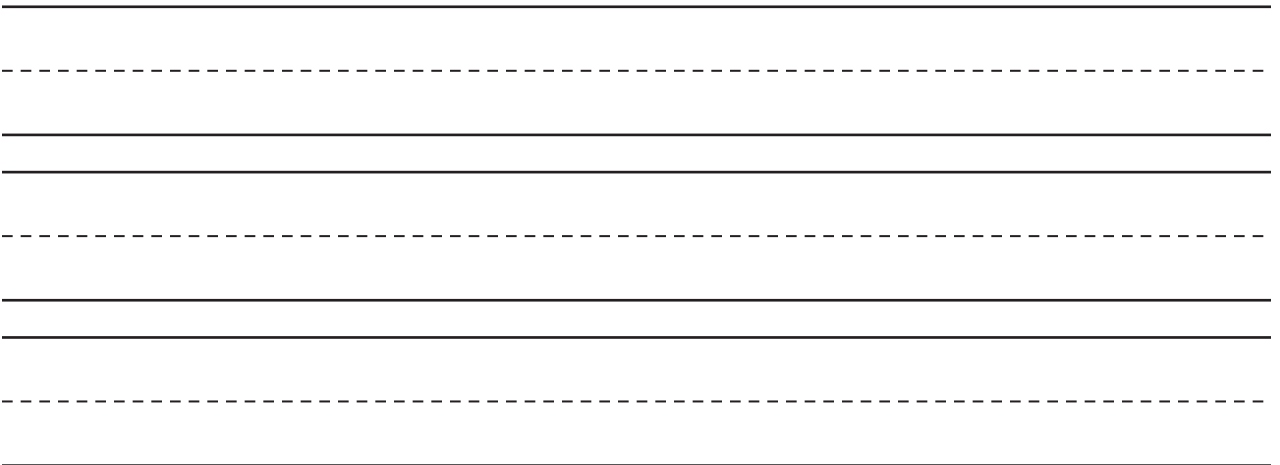
finds out why you  
are ill.

**Lesson 2** pp. 226–229

Draw an unhealthful **environment**.



How can people make the environment healthful?



**Lesson 3** pp. 232–233

Read the sentence. Draw what the recycled items could be made into.

A family recycles paper, cans, and bottles.



Name \_\_\_\_\_

# Make Predictions

Mr. Hill calls 911 to tell about a fire.

**Make a prediction about what will happen next. Write or draw your prediction.**



**Prediction**

**Read the rest of the story to find out what happened. Then write about or draw what happened.**

Firefighters drive a fire truck to Mr. Hill's house. They use the hose and water to put out the fire.

**What Happened**

Was your prediction correct? Yes \_\_\_\_\_ No \_\_\_\_\_



## Make Decisions

# Steps for Making Decisions

- 1.** Think about the choices.
- 2.** Say NO to choices that are against the law or your family's rules.
- 3.** Ask yourself what could happen with each choice.
- 4.** Make the best choice.

### Use the steps to solve this problem.

You eat a juice pop at the beach. Now you have a juice pop stick. What will you do with it? Tell why.

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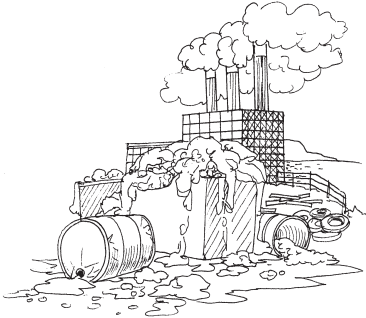
Name \_\_\_\_\_

# Tell About the Pictures

Write two words from the box to go with the picture.

nurse      pollution      doctor      litter

**1.**

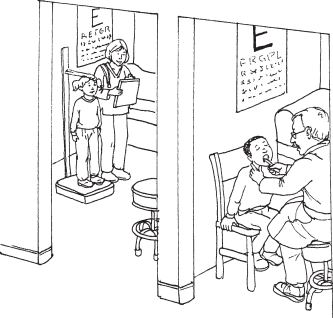


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2.**



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3.** Use the words **recycle** and **community** to write about the picture.

\_\_\_\_\_

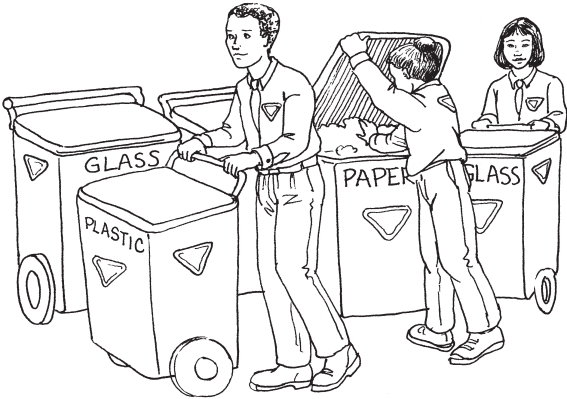
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