



What Makes Me Healthy?

by Nat Sui

Overview

This book introduces five basic needs for human health: food, water, exercise, sleep, and love.

Literacy Focus *Word Count: 132 words*

High Frequency Words

be, day, every, good, many, me, need

Content Words

food, healthy, eating, water, drinking, exercise, sleep, care, love

Reinforcing Decoding Skills

- **Initial Consonant Blends:**
dr, fr (drinking, fresh)
- **Vowel Digraphs:** *ea (clean, healthy)*

- **Word Endings:** *-ing (eating, exercising getting)*

Print Conventions

- **Punctuation:** Question marks
- **Capitalization:** Personal pronoun *I*

Comprehension/Thinking Skills

- Making inferences
- Making predictions
- Summarizing main ideas

Writing/Speaking and Listening

- Making a *Healthy Me* chart
- Talking about foods and exercise
- Sharing ideas about ways family members help each other stay healthy

Observe/Assess

See Retellings on page 170.

Science Focus

Content and Thinking Skills

- Understanding the idea of being healthy
- Recognizing the basic needs for human health
- Applying the basic needs for health to self

Background Information

Human beings have basic physical and psychological needs that must be met for healthy development. Basic physical needs include food, water, exercise, and rest. Psychological needs include love and nurturing. Meeting these needs promotes both physical and emotional health.

Correlation to National Standards Science as Inquiry

Life Science

- Characteristics of Organisms

See Standards Chart on page 216.

Literacy Focus

Set the Scene

Introduce and discuss the idea of health. Ask:

What does it mean to be healthy?

Read and Discuss

Cover and Title Page

Show children the cover and title page. Read the author's name and the title, pointing out the question mark. Explain that the title asks a question. Preview the pictures and ask children to predict answers to the question posed in the title.

Pages 2–3

Discuss the picture after you read the text. Ask:

How many different foods do you see?

Count the number of foods aloud and help children name the foods.

Pages 4–11

Read the text together. Discuss how each activity in the pictures helps people stay healthy.

Page 12

Review with children what they need to be healthy. Discuss how each need can be met in many different ways.

Respond

- Point out the words *drinking* and *fresh* on page 5. Tell children that *drinking* begins with the consonant blend *dr* and *fresh* begins with the blend *fr*. Ask them to tell which of the following words begin with *dr* and which begin with *fr*: *friend*, *drop*, *from*, *fruit*, *dress*, and *drive*.
- Write the words *eating*, *exercising*, and *getting* under the base words *eat*, *exercise*, and *get*. Help children note that the final *e* in *exercise* is dropped and the *t* in *get* is doubled before *-ing* is added. Apply these rules to other action words, such as *ride* and *bug*.

- Write the words *clean* and *healthy* on the board and underline the letters *ea*. Say the words *head*, *team*, *peach*, and *bread*. Ask children whether you should write each word under *clean* for the long *e* sound or under *healthy* for the short *e* sound.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
clean	healthy	
team	head	
peach	bread	



Composing Sentences

Activity Master, page 148

For Activity Master, page 148, have children write about what keeps them healthy.



English Language Learners

Review the usage of *I* and *me*. *I* is used when talking about oneself doing something and *me* is used when something is being done to or for oneself.

Science Focus

Science Concept

Humans have specific needs for their health and well-being. Food, water, exercise, sleep, and love are all required to help keep a person healthy.

Activities

Daily Exercise

Jump into action with children by doing a few simple in-place exercises, such as jumping jacks, knee bends, and sit-ups.

On the Plate

Give children paper plates. Have them cut pictures from magazines and advertisements of foods for a healthy meal. Have them paste their pictures to the plates. Display the meals on a bulletin board.

Healthy Pets

Have children who have pets share with the class information about what their pets need.

Healthy Me

Help children make a chart showing weekly activities they do to keep healthy. Make a sample chart that children can use as a model.



Healthy Choices

Activity Master, page 149

For Activity Master, page 149, have children draw something they do to stay healthy.

Name _____

What Makes Me Healthy?

Write a sentence telling how each of these things helps you to be healthy.

Water

Food

Exercises

Love

Name _____

What Makes Me Healthy?

Draw a picture of something that helps you to be healthy.
Then write a sentence that tells about your picture.
