



Keeping Healthy

fold



NONFICTION

Keeping Healthy

Level	Word count	Lexile
3	91	120L

Words to know

and
I
to

us
we

Reading Eggs
Keeping Healthy
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Written by Katy Pike
Editor: Amy Russo
Design and layout: The Modern Art Production Group

Contents

Food 4

Water 6

Exercise 8

Sleep 9

Home 12

Clothes 13

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Food



I need food to eat.



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We need food to eat.
Food helps us to live and grow.

I need water to drink.



fold



Exercise

We need water to drink.
Water helps us to live and grow.

I need to exercise.



We need to exercise.
Exercise helps us to live and grow.

fold



I need to sleep.



We need to sleep.
Sleep helps us to live and grow.

fold



We need somewhere to live.

Clothes



We need clothes to wear.

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People need



Focus Questions

What do people need?

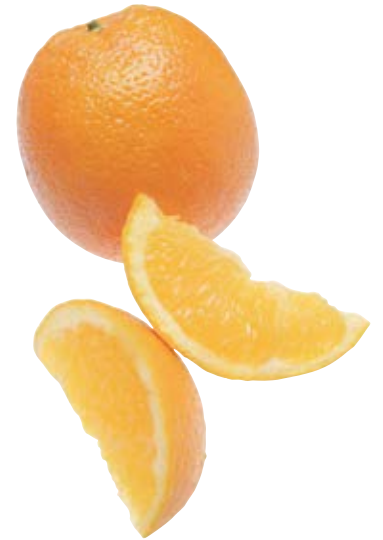
What does sleep help you with?

Who helps you stay healthy?

fold

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What do you need to stay healthy?



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