



Exercise

Exercise is any action that gets you moving. You can run, bike, swim, jump rope, or row a boat. It's all good for you!

There are three kinds of exercise. One is stretching. You may do this in dance, yoga, or at the gym. When you stretch, you keep your muscles bendable.

Aerobic exercise makes your heart beat fast. You get this kind of exercise when you walk or run. Your heart beats fast when you swim, too.

The last kind of exercise makes your muscles strong. You build strong muscles when you lift weights.

When you sprint, or run fast, you make your muscles strong, too. You get exercise when you play tag and hide and seek. Leapfrog and ball games are also good to do. So go outside and have fun!



After reading the story, answer the questions. Circle the letter by the correct answer.

- Exercise is any action that . . .
 - makes you play tag.
 - is bad for you.
 - gets you moving.
 - is done outside.
- What happens to your muscles when you stretch?
 - They beat faster.
 - They stay bendable.
 - They break.
 - They cry.
- When you walk or run, your heart . . .
 - beats faster.
 - swims.
 - stretches.
 - plays tag.
- You can build strong muscles by . . .
 - stretching.
 - eating spinach.
 - sitting on the couch.
 - lifting weights.

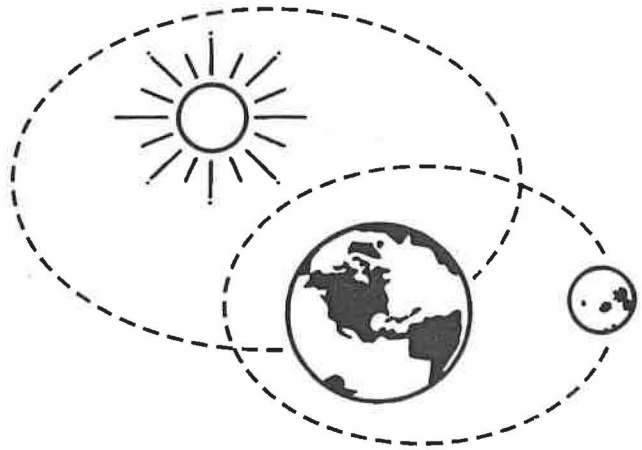


Sun, Earth, and Moon

The sun comes up in the morning. The sun goes down at night. This is because Earth spins around the sun.

It takes our Earth a day—twenty-four hours—to spin once around the sun. When we see sunlight, our part of Earth faces the sun. When it is dark, we are facing away from the sun.

The moon goes around our Earth. The sun is bright, so we don't always see it in the day. But sometimes, we can see the moon and the sun in the same sky.



Earth follows a big circle around the sun. It takes Earth a year to go all the way around the sun. It is a long trip of 365 days!

After reading the story, answer the questions. Circle the letter by the correct answer.

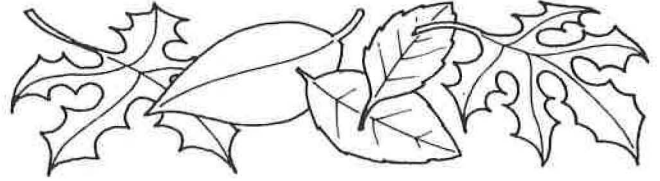
1. Earth spins around the . . .
 - a. moon.
 - b. sun.
 - c. Earth.
 - d. morning.
2. There are twenty-four hours in a . . .
 - a. sun.
 - b. year.
 - c. day.
 - d. circle.
3. The moon is hidden in the day because . . .
 - a. Earth is bright.
 - b. it is shy.
 - c. it is too cold.
 - d. the sun is bright.
4. Earth circles the sun in . . .
 - a. a day.
 - b. a moon.
 - c. 365 days.
 - d. 24 hours.



Fall Leaves

How do leaves know to get ready for winter? Why do they turn red and yellow and orange?

In spring and summer, days are long. Trees make a lot of food, and their leaves are green.



In the fall, the days grow short. There is only a little light, and it is very cold. The trees begin to rest.

The green leaves fade away. Leaves begin to turn red and yellow and orange. Then, they turn brown, and they drop to the ground.

In the spring, it is warm. New leaves appear on the trees, and they are green in color. But we know what will happen to them in the fall!

After reading the story, answer the questions. Circle the letter by the correct answer.

- Days are long in . . .
 - spring and fall.
 - summer and winter.
 - summer and spring.
 - fall and winter.
- In this story, *fall* means . . .
 - drop.
 - season.
 - water.
 - slip.
- Trees begin to rest in the . . .
 - fall.
 - spring.
 - summer.
 - winter.
- Leaves fall to the ground after . . .
 - they turn green.
 - they turn red.
 - it is spring.
 - they turn brown.



Lightning

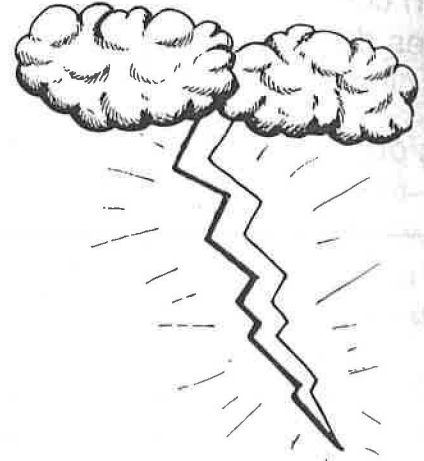
A bolt of lightning can be pretty. It can be scary. It can cause fires. It can also help plants to grow.

Lightning is a big charge of electricity. It shoots down from storm clouds. There are thousands of lightning strikes every day.

These strikes can hurt you. They can even kill you. Lightning can set grass and houses on fire, too.

Plants need nitrogen to grow. Lightning puts nitrogen into the dirt. This helps to keep plants healthy.

In a storm, go inside. Stay away from windows and water. Lightning can strike through the phone. Stay off the phone. Watch the lightning from a safe place.



After reading the story, answer the questions. Circle the letter by the correct answer.

1. A bolt of lightning can cause . . .
 - a. water.
 - b. grass.
 - c. storms.
 - d. fires.
2. Lightning is a big charge of . . .
 - a. nitrogen.
 - b. electricity.
 - c. fire.
 - d. yellow.
3. To grow, plants need . . .
 - a. fire.
 - b. clouds.
 - c. electricity.
 - d. nitrogen.
4. Lightning can strike you through . . .
 - a. plants.
 - b. fire.
 - c. phones.
 - d. flowers.

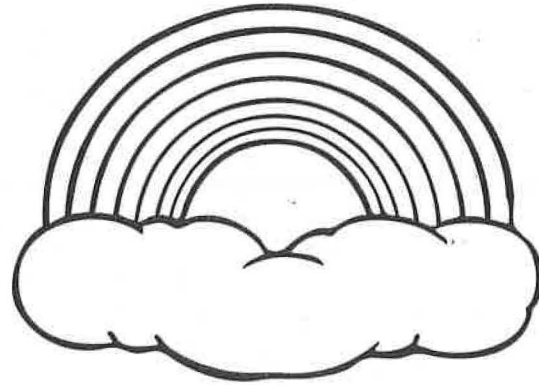


Rainbows

Did you know that light could bend?
When it does, it makes a color. This is
why we see rainbows!

Some light moves slowly. Some light
moves quickly. Every speed of light
makes a color. When light moves
through rain, it bends. Then, it makes
many colors.

Rainbows are made up of red, orange,
yellow, green, blue, indigo, and violet.
Sometimes, you can even see a double
rainbow.



You can not touch a rainbow. It is made up of light and water. But you can enjoy
the show!

**After reading the story, answer the questions. Circle the letter by the
correct answer.**

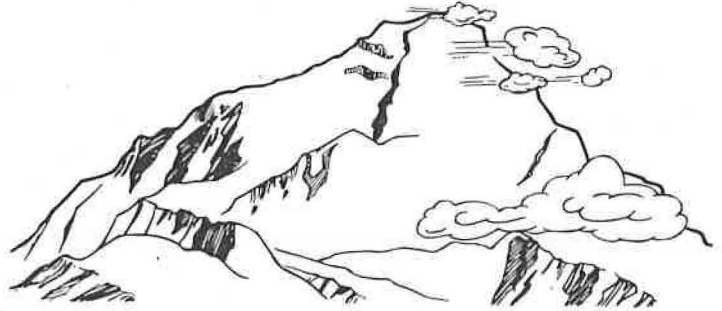
1. When light bends, it makes . . .
 - a. water.
 - b. sun.
 - c. color.
 - d. blue.
2. Light moves at different . . .
 - a. speeds.
 - b. times.
 - c. places.
 - d. rainbows.
3. Rainbows don't show the color . . .
 - a. red.
 - b. blue.
 - c. gray.
 - d. violet.
4. Rainbows are made up of . . .
 - a. light and orange.
 - b. speed and sound.
 - c. water and snow.
 - d. light and water.



Mountains

A mountain is a very tall hill. It climbs high into the sky. There are mountains all over the world.

The tallest mountain in the world is Mount Everest. It is in Nepal. People climb to its top. It is very cold.



The highest mountain in the U.S. is in Alaska. People call it Denali. It is lovely.

Mountains are fun to explore. Bears and birds live there. Trees live there, too.

After reading the story, answer the questions. Circle the letter by the correct answer.

1. A mountain is a very tall . . .
 - a. bear.
 - b. tree.
 - c. hill.
 - d. plant.
2. If you walk up Mount Everest, you need a . . .
 - a. swim suit.
 - b. bear.
 - c. pair of sandals.
 - d. snow suit.
3. The highest mountain in the U.S. is in . . .
 - a. Nepal.
 - b. Alaska.
 - c. New York.
 - d. California.
4. What does not live on a mountain?
 - a. whales
 - b. birds
 - c. trees
 - d. bears



The Ocean

The ocean is made up of salt water. There are four main oceans. They are the Pacific, the Atlantic, the Indian, and the Arctic Ocean.

The top of the earth is made up mostly of ocean. Many fish and plants live in the ocean. Sharks swim through the water. Whales and seals live in the ocean, too.

The ocean gives us fish for food. It lets us sail boats from one place to another place. We can even surf on ocean waves.

We need the ocean in order to live. You can help to keep the beach clean when you visit. Then, we can all enjoy the ocean.



After reading the story, answer the questions. Circle the letter by the correct answer.

1. What is the ocean made up of?
 - a. sharks
 - b. salt water
 - c. boats
 - d. plants
2. What does not live in the ocean?
 - a. sharks
 - b. whales
 - c. tigers
 - d. fish
3. Why do we need the ocean?
 - a. It gives us food.
 - b. It is pretty.
 - c. It is cold.
 - d. It is big.
4. How can you help the ocean?
 - a. You can surf.
 - b. You can sail.
 - c. You can fish.
 - d. You can keep the beach clean.



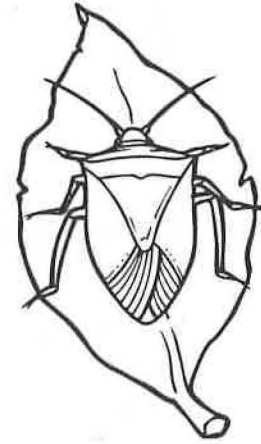
Stinkbug

One bug leaves a bad smell wherever it goes. It is the stinkbug.

Stinkbugs are broad, flat insects. They can be green, gray, and brown. They can even be red.

Stinkbugs smell. This bad odor protects them from enemies. When they walk across a leaf, the leaf smells bad, too.

There are 5,000 kinds of stinkbugs. Some stinkbugs eat plant juice. Others eat insects. No matter what they eat, they stink!



After reading the story, answer the questions. Circle the letter by the correct answer.

1. Stinkbugs can be . . .
 - a. sweet-smelling.
 - b. purple.
 - c. green.
 - d. delicious.
2. In this story, *smell* means
 - a. sniff.
 - b. snort.
 - c. inhale.
 - d. stink.
3. The stinkbug's smell protects it from . . .
 - a. plants.
 - b. enemies.
 - c. leaves.
 - d. juice.
4. Which sentence is a fact?
 - a. There are 5,000 kinds of stinkbugs.
 - b. There are two kinds of stinkbugs.
 - c. Some stinkbugs eat elephants.
 - d. Stinkbugs smell good.



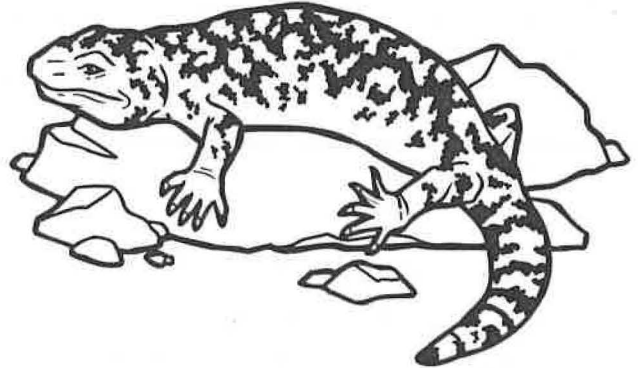
Gila Monster

The Gila monster is a large lizard. You can say its name like this—"Heela." It is pretty. But it is also scary.

The Gila monster lives in the desert. Its skin is black, pink, orange, and yellow.

The Gila monster is two feet long. It walks slowly. It eats rodents, small birds, and eggs.

This lizard has poison in its teeth. It won't kill you. Still, the Gila monster bites people. It can hold on tight to a leg or arm with its teeth. Be careful!



After reading the story, answer the questions. Circle the letter by the correct answer.

1. How do you pronounce *Gila*?

- a. Gee-la
- b. Heela
- c. Guy-la
- d. Hilla

2. Why is the Gila monster scary?

- a. because it lives in the desert
- b. because it eats eggs
- c. because it walks slowly
- d. because it has a poisonous bite

3. The Gila monster holds poison in its . . .

- a. teeth.
- b. tail.
- c. eyes.
- d. claws.

4. Why should you be careful around Gila monsters?

- a. because they move quickly
- b. because they eat rodents
- c. because they bite and hold on tight to people
- d. because they are black, pink, orange, and yellow



Great-horned Owls

Have you ever heard a hoot as the sun goes down? This may be the cry of a great-horned owl. She is looking for her dinner.

Great-horned owls have sharp eyes and ears. They see and hear small animals. Then, they swoop down and grab their prey.

Great-horned owls eat mice, frogs, snakes, and small birds. They also eat insects. They can fly without making a sound.

Great-horned owls hoot to other owls in the forest. Their brown and black feathers make them hard to see in the daytime. You may see one flying at dawn or dusk. Be very quiet. Then, you may hear owls calling out to each other through the trees.



After reading the story, answer the questions. Circle the letter by the correct answer.

- In this passage, the word *swoop* means . . .
 - run.
 - fly.
 - skip.
 - skate.
- Which statement is **false**?
 - Great-horned owls don't see well.
 - Great-horned owls fly in silence.
 - Great-horned owls eat snakes.
 - Great-horned owls have feathers.
- What colors are the great-horned owl's feathers?
 - black and white
 - blue and red
 - brown and orange
 - brown and black
- Which animal does the great-horned owl **not** eat?
 - frog
 - snake
 - small bird
 - bear