**Reading Comprehension: Healthy Me**

I like being healthy. When I’m healthy I feel good. I am in a better mood and I have more energy.

I do many things to stay healthy. I like to be active and move my body. I run, swim and ride my bike. I take walks with my big brother, Karabo and our dog, Wilbur. I play sports. Soccer is my favourite game. I also take hikes in the woods with my family.

I like television but I don’t watch it for hours. I like computer games but I don’t play them for hours. I get up and move around. Eating well gives me energy. I eat a good breakfast. If I skip breakfast, I don’t think very well. I eat a good lunch at school. Peanut butter and jam is my favourite sandwich. I drink lots of milk and water. My favourite food is pizza. I also like healthy foods such as apples, carrots, chicken and yoghurt.

I get plenty of rest. I go to bed earlier on school days than I do on weekends. My dad says I need 11 to 12 hours of sleep each night because I am growing.

I keep my body clean and stay healthy. I wash my hands before eating and when I use the bathroom. Washing keeps germs from getting into my body. I brush my teeth three times a day. Brushing kills germs that cause cavities. I also take baths and showers and brush my hair to keep it healthy.

I have many kind of feelings. Some are happy, some are sad. Laughing makes me feel better. If I have sad feelings, I talk to mum, dad or Karabo.

Sometimes I just like quiet time. When I feel like quiet time, I watch my fish in their tank. I imagine I am floating through the water just like my pet fish.

**Questions:**

1. What are some of the activities the main character enjoys doing
2. Why is it good to wash your hands before eating?
3. What is the importance of eating breakfast?
4. What is the girl’s favourite food?
5. How does the girl feel when she is healthy?
6. What is her favourite sport?
7. What does the girl when she needs quiet time?
8. What do you do when you need quiet time?
9. What makes the girl feel better when she has sad feelings?
10. Write three things you do to stay healthy?
11. Add **–er** to the following words. Remember to change the **y** to **i**before adding **–er**.

Happy Happ**ier**

* Funny
* Sunny
* Silly
* Dry

1. How would you feel after spending a little time with the girl in the story?