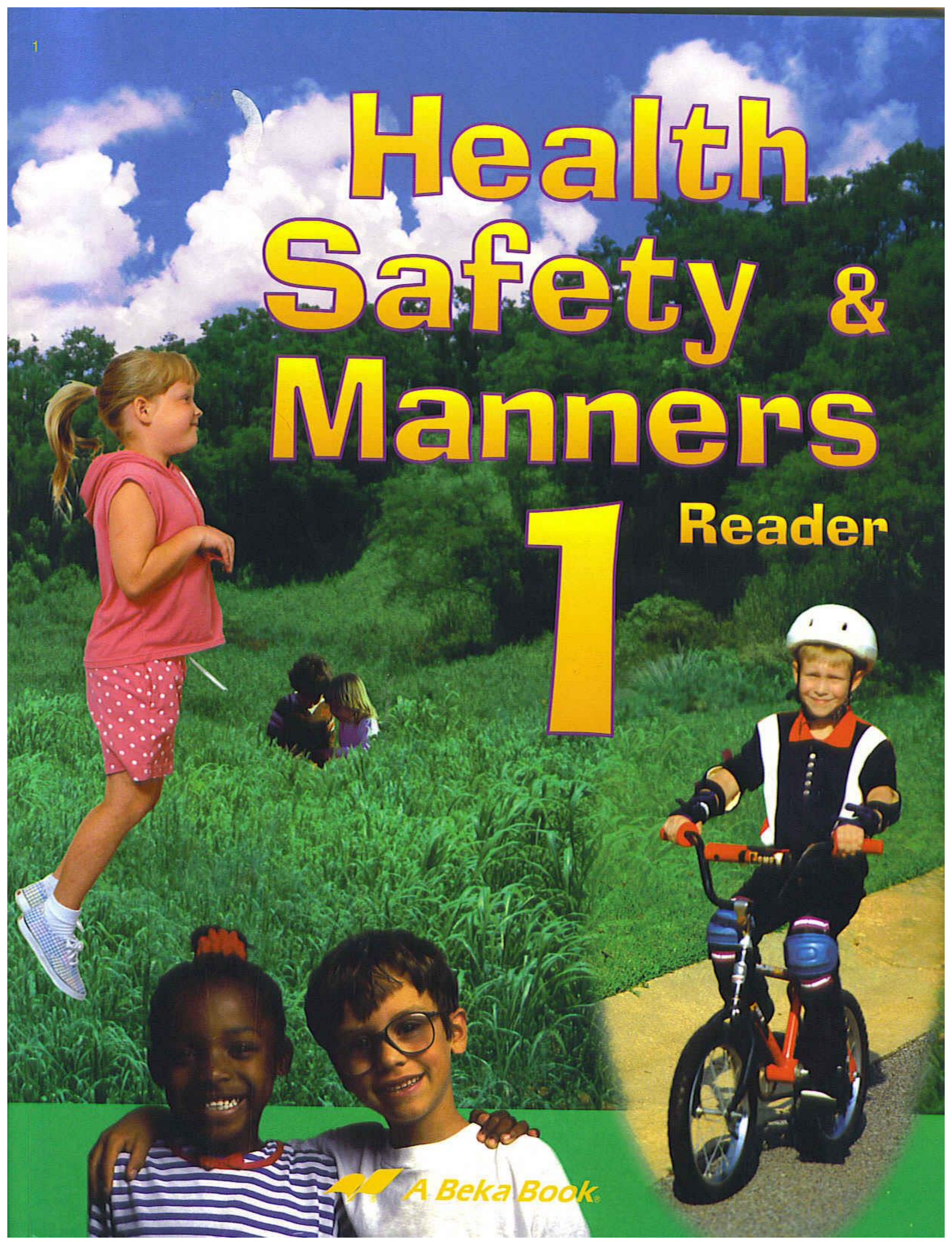
Health Safety & Manners

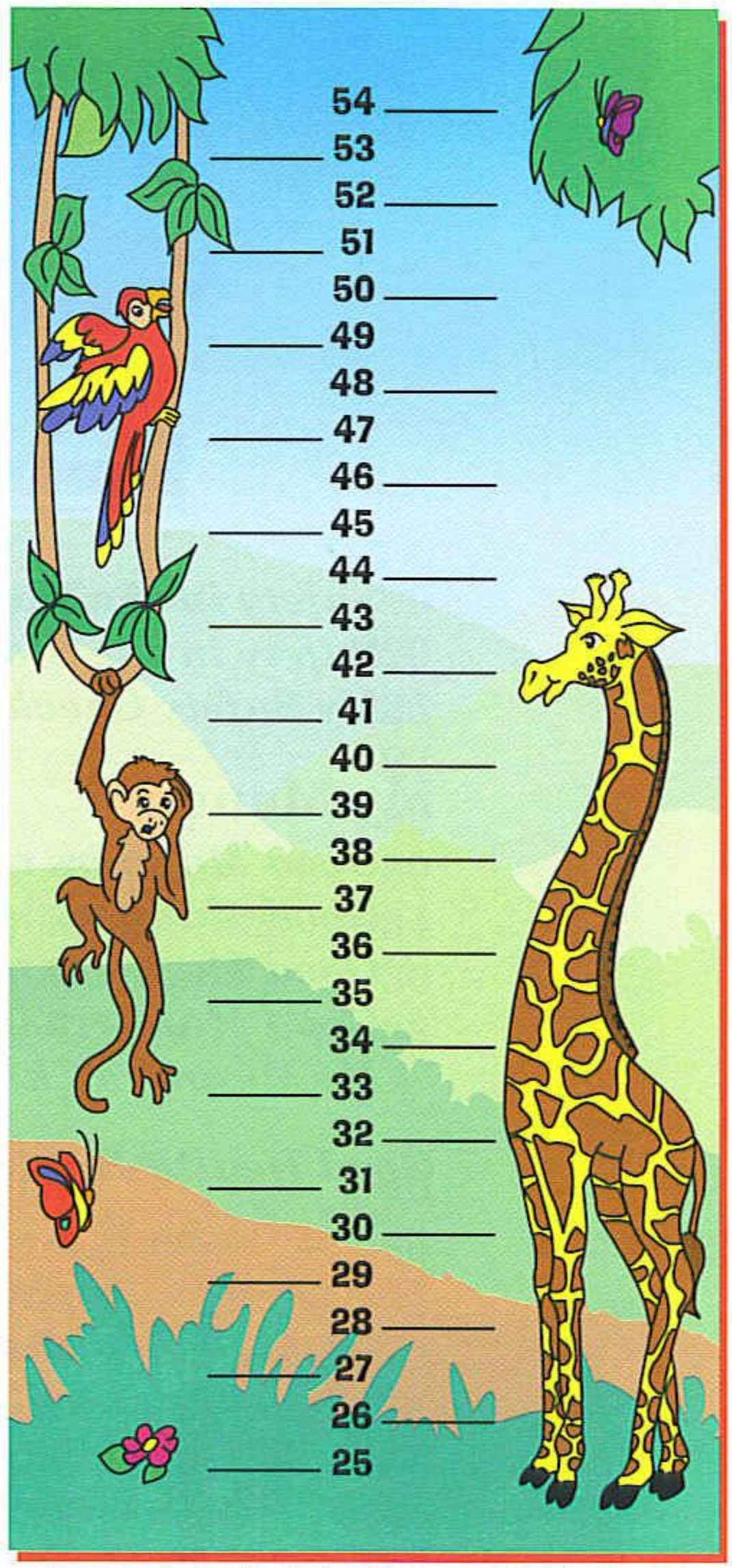
1 Reader



A Beka Book®

My Growth

A growing chart—
It's all my own.
Now I can record
How tall I've grown!



Measure to see how many inches tall you are. Write the date beside that number. Each time you measure, you can see how many inches you have grown.

Most students should be able to read this book with little difficulty. Some challenging words have been included in vocabulary boxes. Students who have difficulty with a word should circle special sounds, mark vowels, and read the word again.

Words have been divided for teacher to help students who have difficulty reading them.

Vocabulary

measure record

I'm glad I am growing.
Sometimes I pretend I am
all grown up. When I want
to feel taller, I walk
on my tin-can stilts.

Something to Do

Tin-Can Stilts

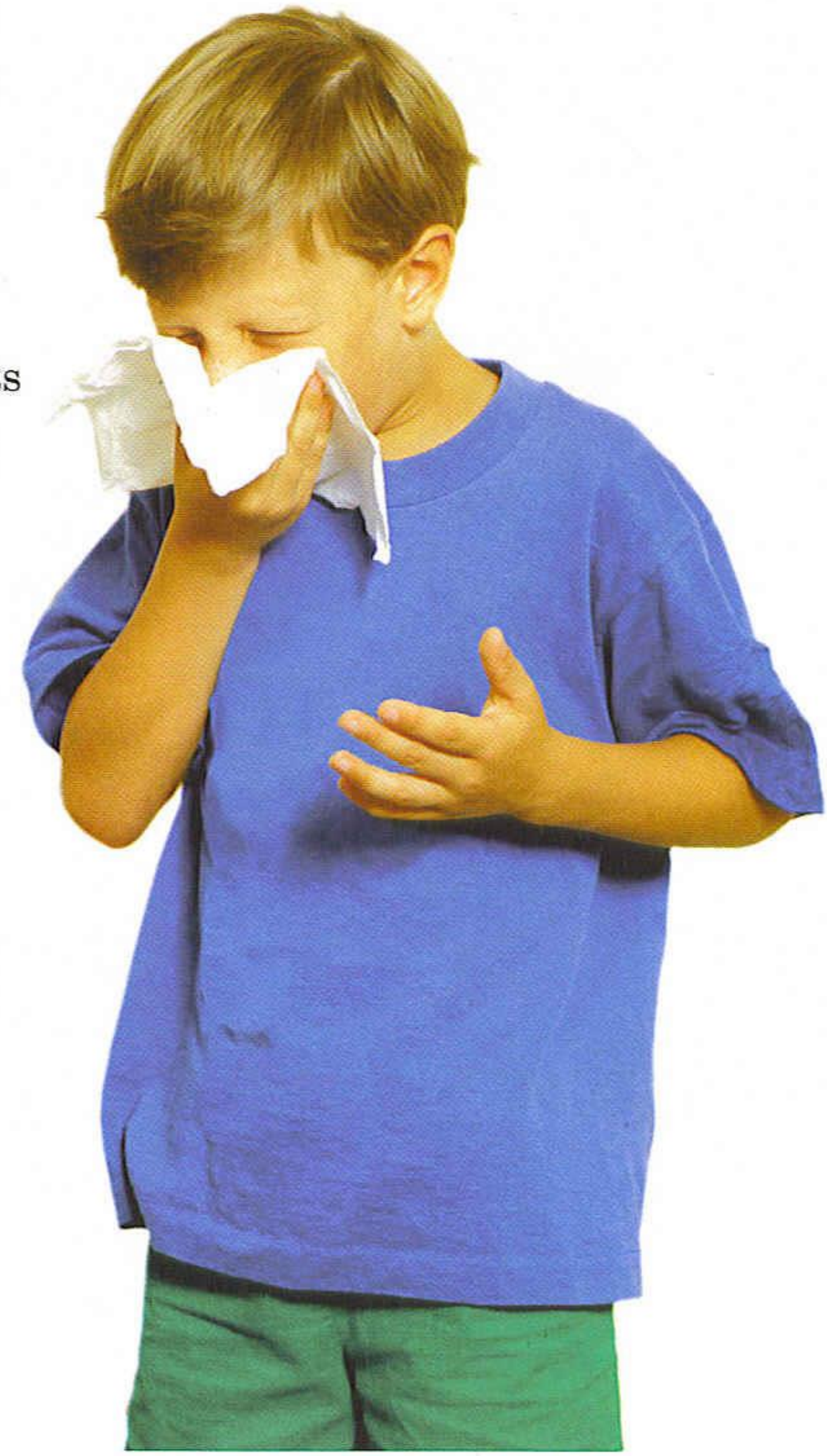
Get two cans of the same size. Tape the edges of the cans with adhesive tape. Have your dad punch a nail hole near the bottom on each side of the can.

Cut two pieces of string as long as you are tall. Put the string through the holes in each can. Then tie a knot in each end so the string won't pull out.

Turn the cans upside down. Stand on top of them and pull up the strings. Hold onto the strings and walk.

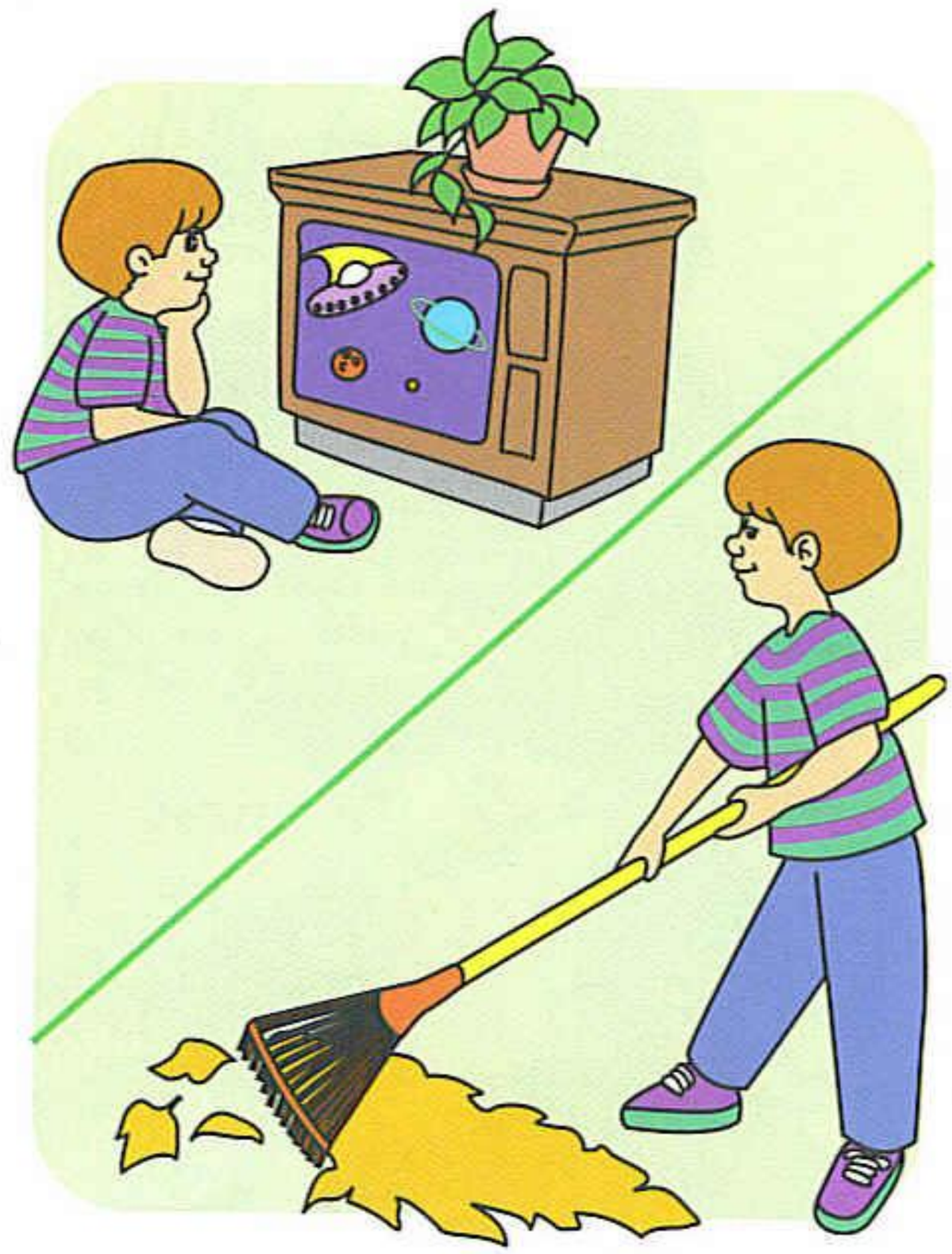
My Habits

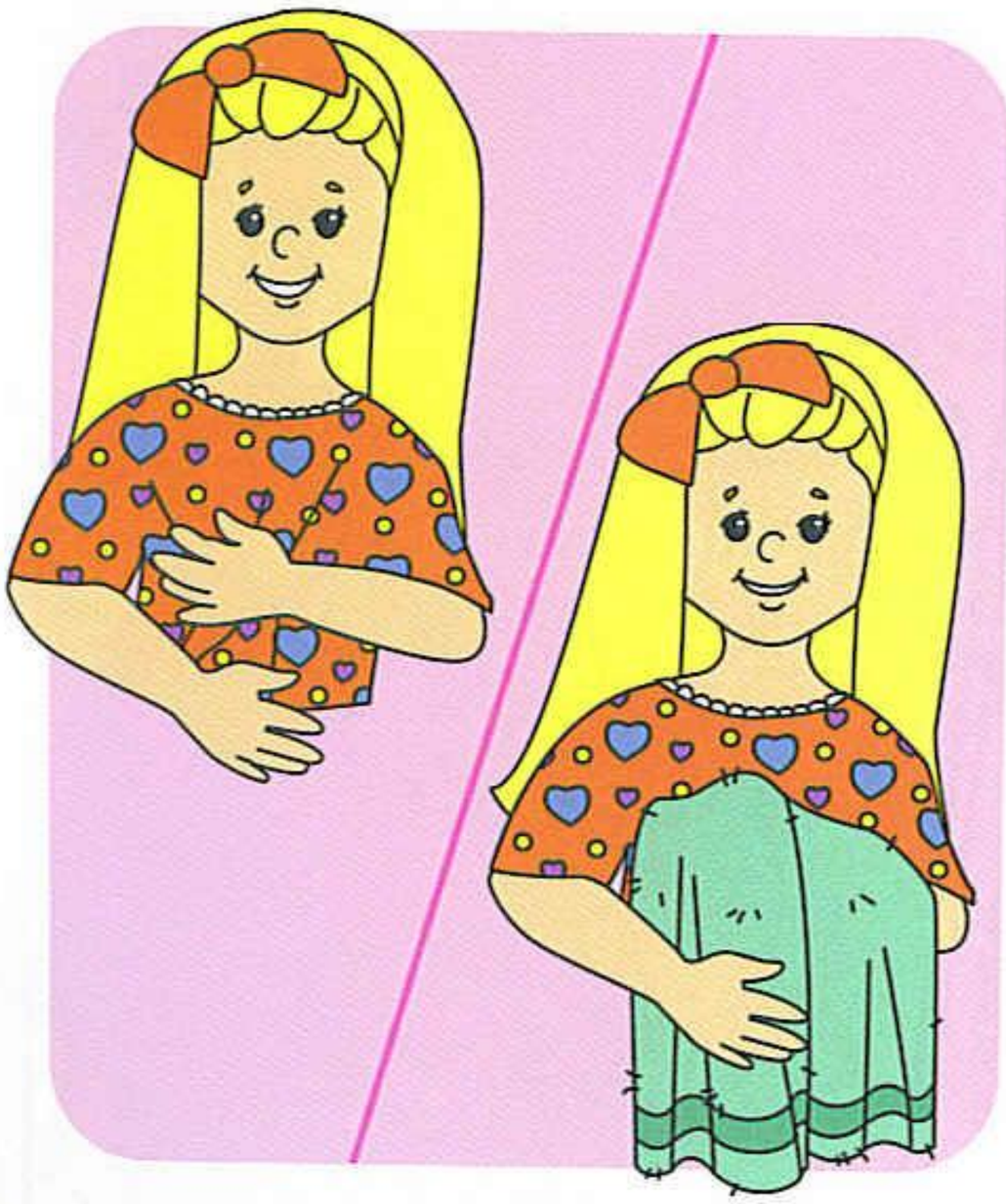
A habit is something
I do without thinking.
Some habits are good.
Some habits are bad.
Good habits will help
me grow.

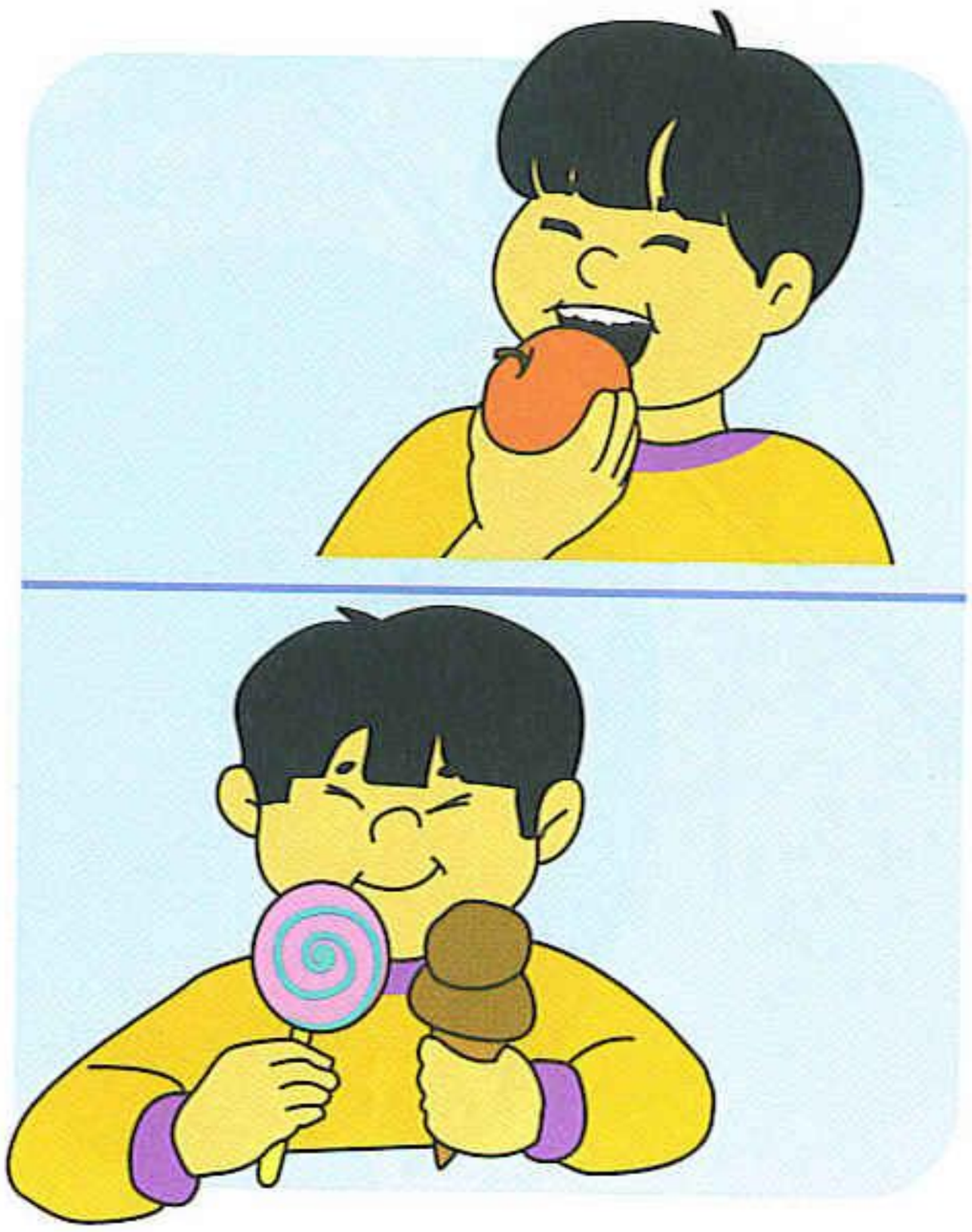


I can form good habits
by doing right things
over and over.
When I do them
without thinking
about them,
I have formed
a habit.

Put an X on each bad habit.

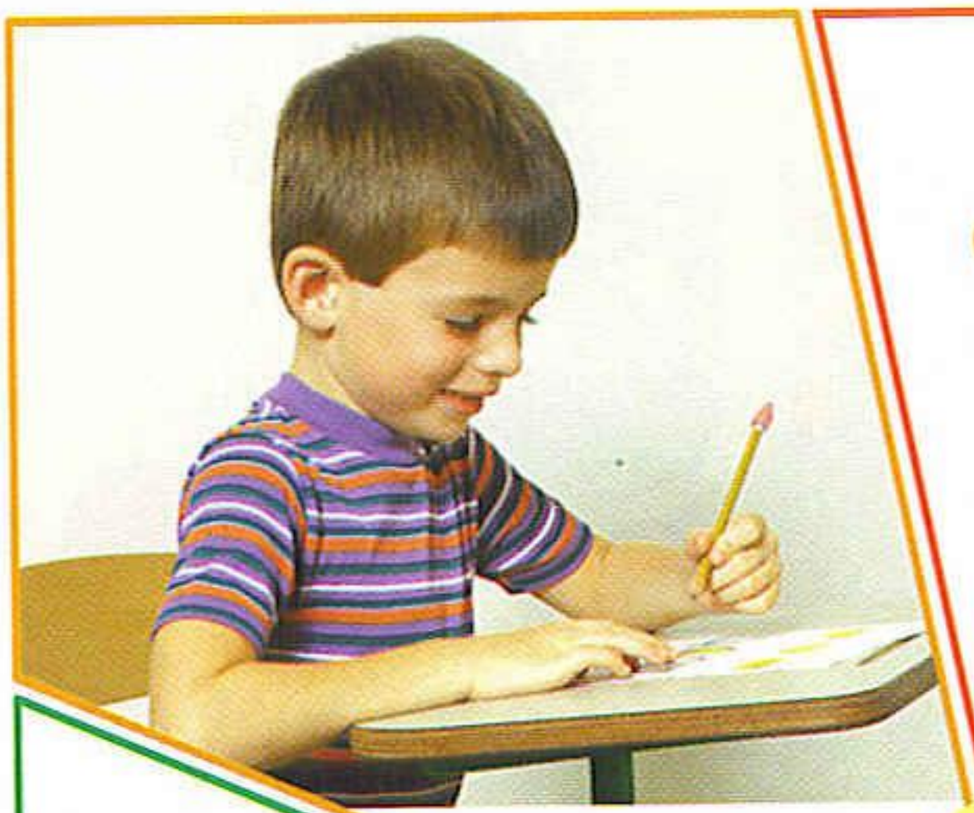






My Health

Eating Good Foods

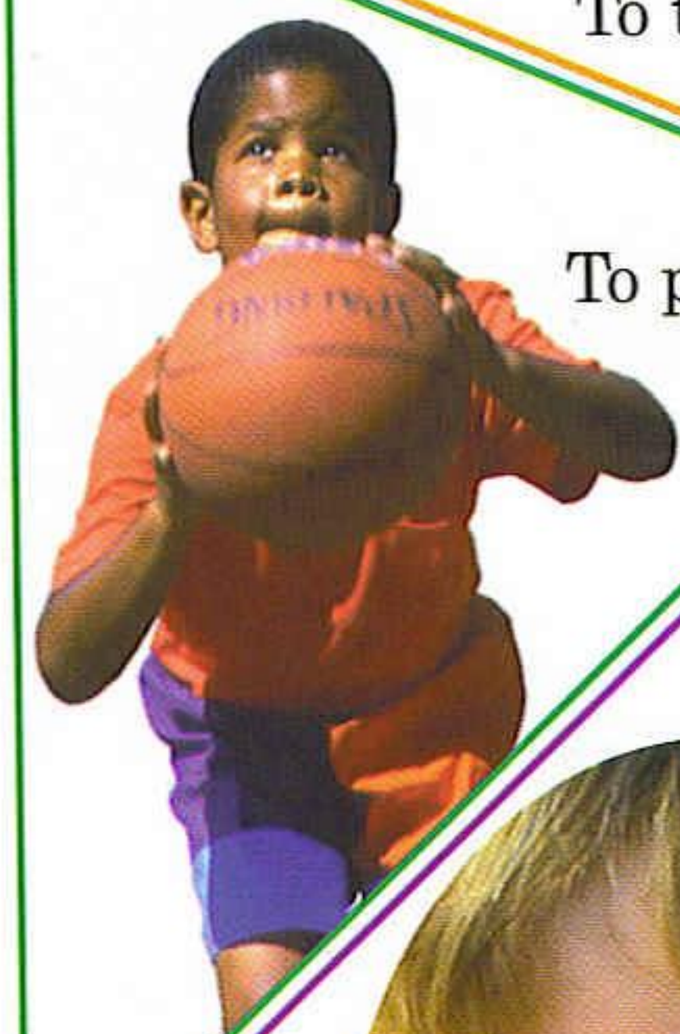


To think

To keep well

To grow

I Need to Eat Good Food:



To play

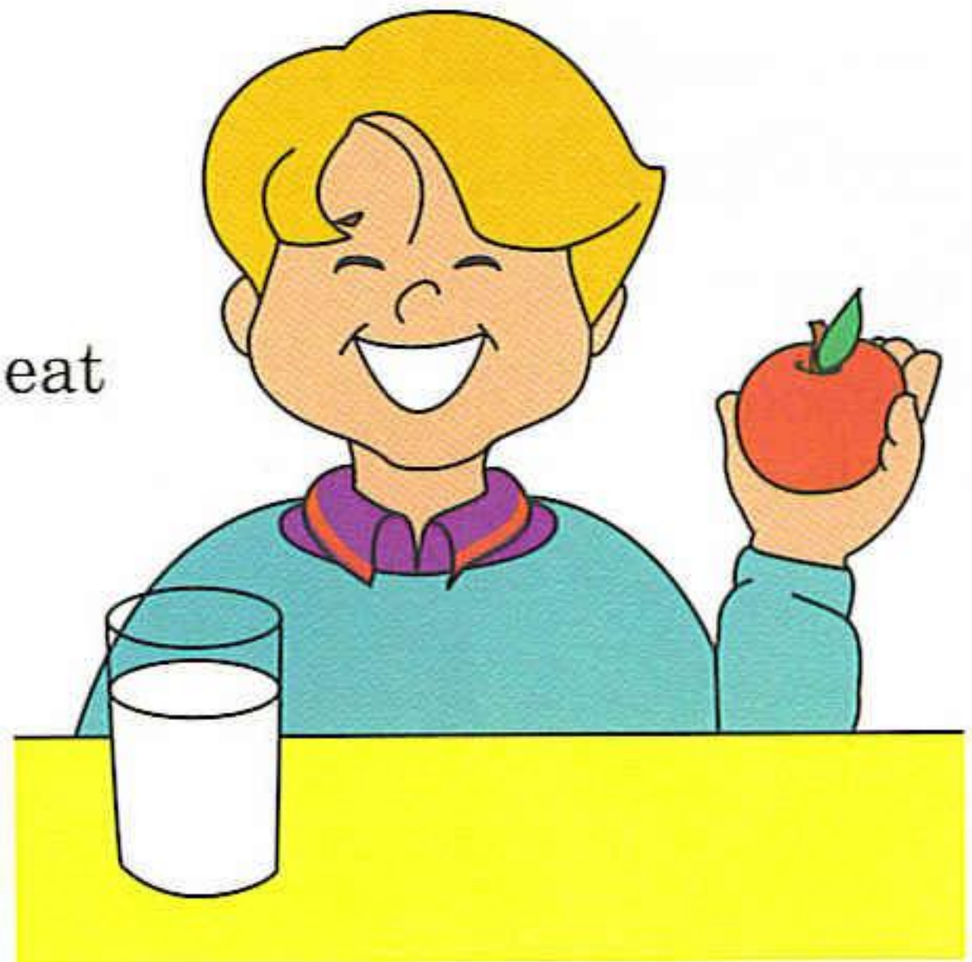
To breathe

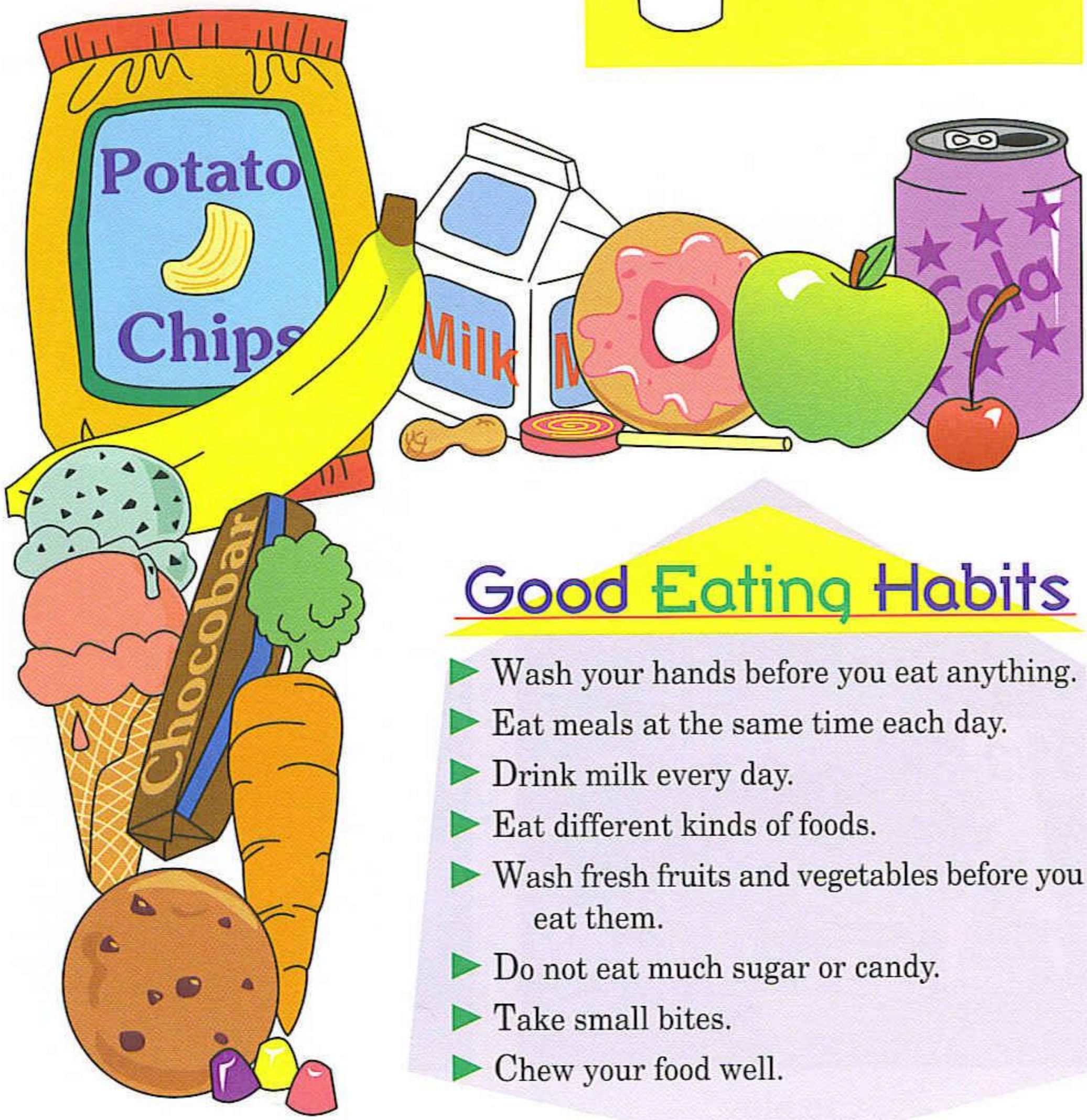
To keep warm

A Good Snack

When I get home from school,
I like to drink a glass of milk and eat
an apple or some carrot sticks.

Which foods are good for snacks?





Good Eating Habits

- Wash your hands before you eat anything.
- Eat meals at the same time each day.
- Drink milk every day.
- Eat different kinds of foods.
- Wash fresh fruits and vegetables before you eat them.
- Do not eat much sugar or candy.
- Take small bites.
- Chew your food well.

Exercising Each Day

I like to run and jump and play. God planned for me to get exercise when I work and play. My body needs exercise every day. Exercise helps me to grow. It makes me strong. Some games or activities give exercise to my whole body.

When I play hard, my heart beats faster. I breathe faster and deeper. My body needs more air than when I am sitting or resting.

Vocabulary

exercise

activities

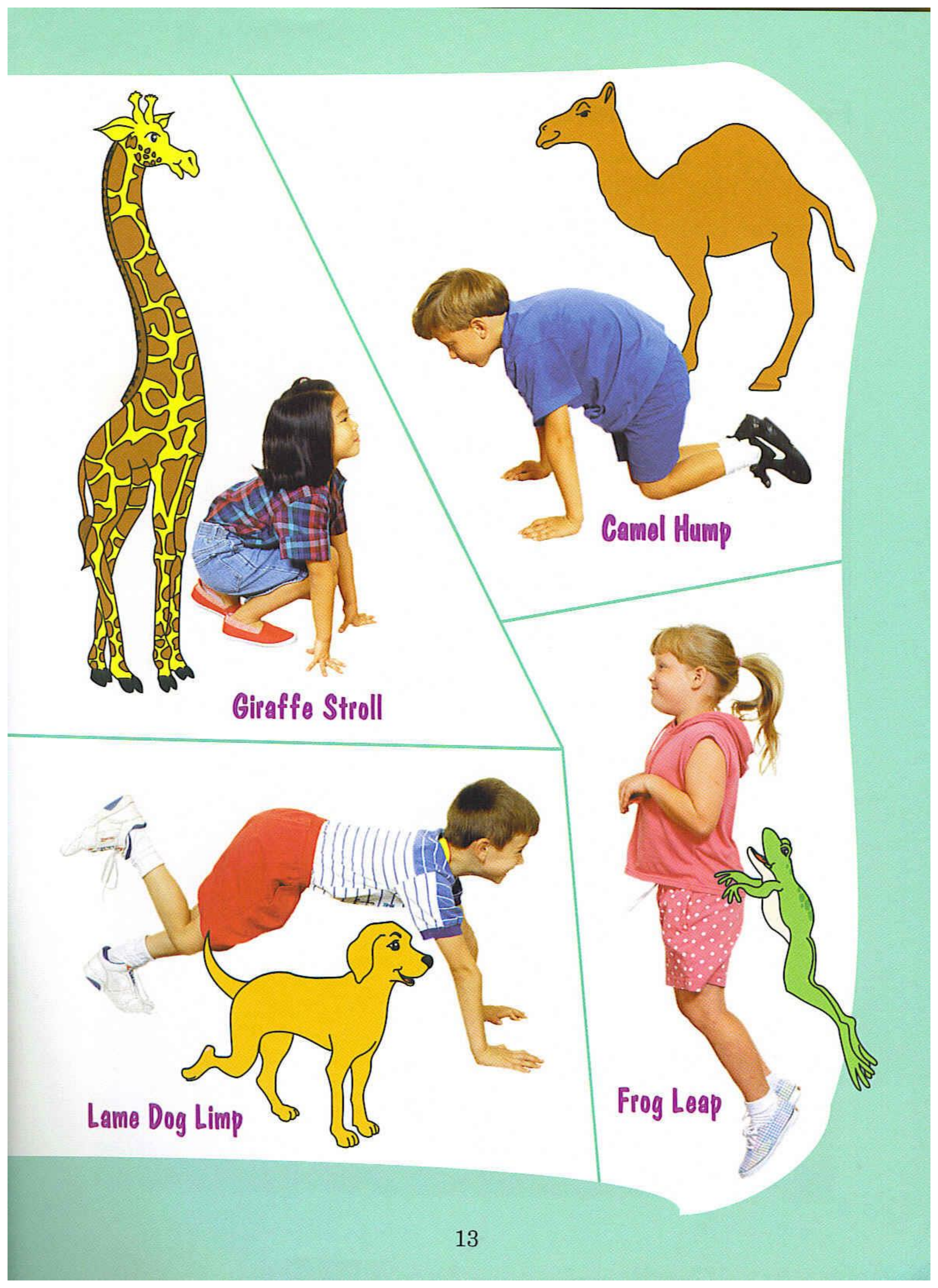
Something to Do

Lion Walk

Kangaroo Hop

Duck Waddle

Inchworm Crawl


Camel Hump
Giraffe Stroll
Lame Dog Limp
Frog Leap

Fresh Air and Sunshine

I work or play outside in the fresh air and sunshine whenever I can. The sunshine helps my bones to grow strong and hard.

When I get tired,
I play quietly
until my body
feels rested.

Vocabulary

sunshine	whenever
tired	quietly

Important words
for me to say often
are **please, thank
you,** and **I'm sorry.**

Each time I ask
for something
I say "please."

I say "thank you"
when something
is given to me.

It is polite to say
"you're welcome"
after someone
thanks me for something.

If I do something
that is unkind
or hurts another person,
I should always say
"I'm sorry."