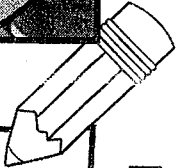


# Too Much Sugar!



You probably wouldn't eat 10 packets of sugar, but that is exactly what you are doing every time you drink a can of cola. In fact some types of soda have even more sugar than that! Drinks such as Hawaiian Punch, Kool Aid, Capri Sun, and even fruit juice are also high in sugar. Too much sugar can lead to serious health problems such as diabetes, heart disease and tooth decay. It can also cause unwanted weight gain. In addition, many scientists believe that eating or drinking too much sugar can make it harder to pay attention in school.

Cutting back on sugary drinks is not all that hard. Instead of drinking them every day, save them for special occasions like parties. Read labels to find out how much sugar is in your drink, if there is a lot of sugar, drink just half of it. Better yet, skip the sugary drink altogether and choose water instead.



Name \_\_\_\_\_

Date \_\_\_\_\_

## Show What You Know Highlight Evidence!

TEXT TIME 27

1. What is the author's purpose? Evidence:

- a) to persuade
- b) to inform
- c) to entertain

How do you know?

2. How does the picture relate to the text? TTGA

3. Give two reasons why you should eat less sugar.

1) \_\_\_\_\_

2) \_\_\_\_\_

4. Which text structure was to write this passage?

- a) compare and contrast
- b) description
- c) problem and solution
- d) sequence

How do you know?

IT: or's purpose, interpreting an illustration, text structure

Name: \_\_\_\_\_

**1** Words ending with /k/ sound.

For each word, underline c, k, ke, or ck.

Trace for extra practice.

- |            |           |
|------------|-----------|
| 1. panic   | 11. brake |
| 2. duck    | 12. break |
| 3. beak    | 13. magic |
| 4. deck    | 14. stack |
| 5. music   | 15. wake  |
| 6. tick    | 16. stick |
| 7. rake    | 17. make  |
| 8. rack    | 18. lock  |
| 9. politic | 19. steak |
| 10. seek   | 20. weak  |

**2**

**Sort Your Words**

Sort the words from the box on the left.

c	ke
k	ck

**3** Write the words above with a suffix.

Some words may not work with these suffixes. Write these in the "None" column.

-ing (happening now)	-ed (happened in the past)	-cian (a person who)	-er (more or person)	None

**4** Write a paragraph using at least five words from the first box. Try to use more than five.

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Name \_\_\_\_\_

# Poem-Tac-Toe

Due Date \_\_\_\_\_

Play a game of tic-tac-toe with your parents, siblings, or friends. Read the poem in a different way each turn to practice your fluency. Your partner should read the poem, too! Try to get three in a row.

Read the poem into a microphone	Read the poem like a baby bird.	Read the poem like a cow.
Read the poem like your teacher.	Read the poem any way you choose!	Read the poem into the mirror.
Read the poem in an excited way.	Read the poem like a dog.	Whisper read the poem.

## Who Stole the Bird's Nest?

(an excerpt)  
by Lydia Marie Child

"To-whit! to-whit! to-whee!  
Will you listen to me?  
Who stole four eggs I laid,  
And the nice nest I made?"

"Not I," said the cow, "Moo-oo!  
Such a thing I'd never do.  
I gave you a wisp of hay,  
But didn't take your nest away.  
Not I," said the cow, "Moo-oo!  
Such a thing I'd never do."

"Not I," said the dog, "Bow-wow!  
I wouldn't be so mean, anyhow!  
I gave hairs the nest to make,  
But the nest I did not take.  
Not I," said the dog, "Bow-wow!  
I'm not so mean, anyhow."

"Bob-o'-link! Bob-o'-link!  
Now what do you think?  
Who stole a nest away  
From the plum-tree, to-day?"

