

## Health

### Genre

#### Newspaper Articles

give information and facts about current events.



### Text Feature

**Graphs** show a relationship between numbers using bars or pictures.

### Content Vocabulary

healthful  
exercise  
active

## LINCOLN SCHOOL

# NEWS

## Students Stay Fit at School

*by Ashley Marks*

Students at Lincoln Elementary decided to make a difference this year. They came up with ideas to help the people in their town stay fit.

The children in kindergarten and first grade made lists of **healthful** foods that are good to eat. Some of the foods on their lists are apples, salad, and carrots. Juan Ramirez is in first grade. He says, "Eating right helps people feel better."

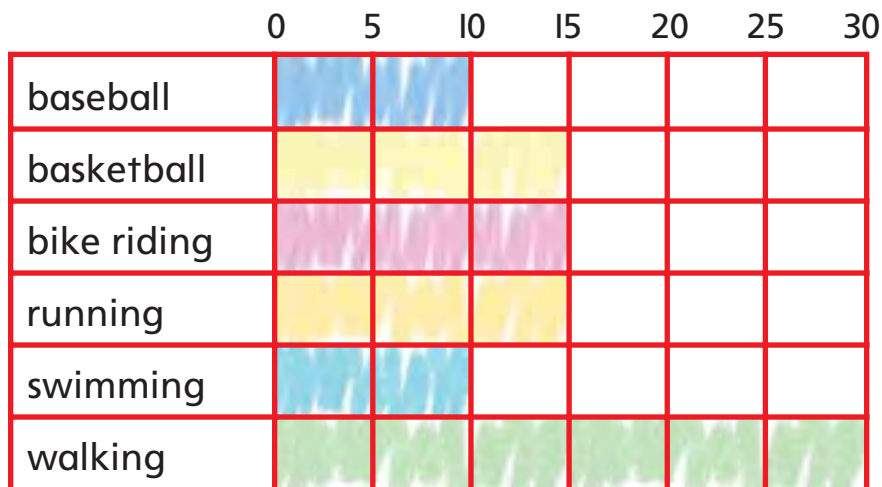


Students in the second and third grades have made lists of ways to **exercise** to help people stay fit. Some of the ideas on their lists are walking, riding bikes, and playing outdoor games.

Mai Wong is in second grade. She says, “Try to get moving for thirty minutes three or four days a week. You’ll feel so much better if you’re **active!**”

Students in second grade made a graph to show their favorite ways to stay fit.

## How We Stay Fit



This graph shows how students preferred to stay fit. At the left are the names of the activities. At the top you can see how many students enjoy that activity.



What have students in fourth and fifth grade done to help students stay fit? They hosted a Get Fit Fair. Students and their family members and friends from all around town came to learn more about getting fit and staying fit. What did people learn?

Oscar Jones has a daughter who goes to Lincoln. He and his daughter went to the Get Fit Fair. He says, “I learned that eating right and walking a lot will help me sleep better.”

Don Fung’s sister is a student at Lincoln. He says, “At the fair I found out that my thinking will be clearer if I eat right and get moving.”

People tried all sorts of activities at the Get Fit Fair. Some danced. Some ran races. Some climbed stairs. Others played soccer and basketball.



Everyone had a great time at the Get Fit Fair. Lincoln School principal Maria Gomez said, “We plan to have this fair every year. We all learned a lot about healthful eating and how to be active.”



## Connect and Compare



1. What is the most popular way to stay fit among the students at the Lincoln School?  
**Graph**
2. Think about the story *There's Nothing Like Baseball*. If Emma and Jamal had attended the Get Fit Fair, what do you think they could have learned to get healthier?

### Reading/Writing Across Texts



## Health Activity

Research ways that you can get fit. Make a poster to share your ideas with others.



Find out more about staying fit at  
[www.macmillanmh.com](http://www.macmillanmh.com)



## Writer's Craft

### Precise Words

Use **precise words** to make your meaning clear.

# Write an Explanation

## My Mom's Job

by May-Lin M.

After school I go to the community center to watch my mom work. She is a lifeguard. My mom's job is to keep people safe in the pool. Sometimes she blows her whistle to tell people to be careful. My mom also coaches my swim team. She helps us improve. The team swims faster now, and we know more strokes. My mom is a very smart and talented coach.

I used an 's after a word to show that someone has or owns something.

My mom is a good coach. I used precise words to tell why.

## Your Turn

Write about something you like to do or someone you like to spend time with. Explain why. Use precise words that make your meaning clear. Use the Writer's Checklist to check your writing.



## Writer's Checklist

- Word Choice:** Did I use **precise words** that make my meaning clear?
- Ideas:** Did I give good reasons for why I like to do something?
- Conventions:** Did I add an apostrophe or an apostrophe and -s to make nouns possessive?
- Sentence Fluency:** Did I vary the types of sentences in my writing?