



# Attainment's Simply Health

 **Easy  
Reader**



**Jean Slater**

# Attainment's **Simply Health** **Easy Reader**

By René Zelt

Cover Design by Josh Eacret

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P.O. Box 930160 ▪ Verona, Wisconsin 53593-0160 USA  
1-800-327-4269 ▪ [www.AttainmentCompany.com](http://www.AttainmentCompany.com)



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# Health Science







# Healthy Eating





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Children need healthy food.



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Wheat is a healthy grain.



Carrots are healthy vegetables.





Grapes are healthy fruits.



Milk is a healthy dairy food.



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Chicken is a healthy meat.

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Healthy



food



helps



children



learn.



Healthy food helps children play.





Healthy



food



helps



children



stay



strong.



&amp;



## Exercise and You





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Running builds a strong body.



Playing catch builds a strong body.

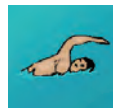


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Riding bikes builds a strong body.

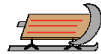




Swimming builds a strong body.



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Sledding



builds



a strong



body.



Hiking builds a strong body.



Playing soccer builds a strong body.





Playing at recess builds a strong body.