

Unit 3

Name: _____

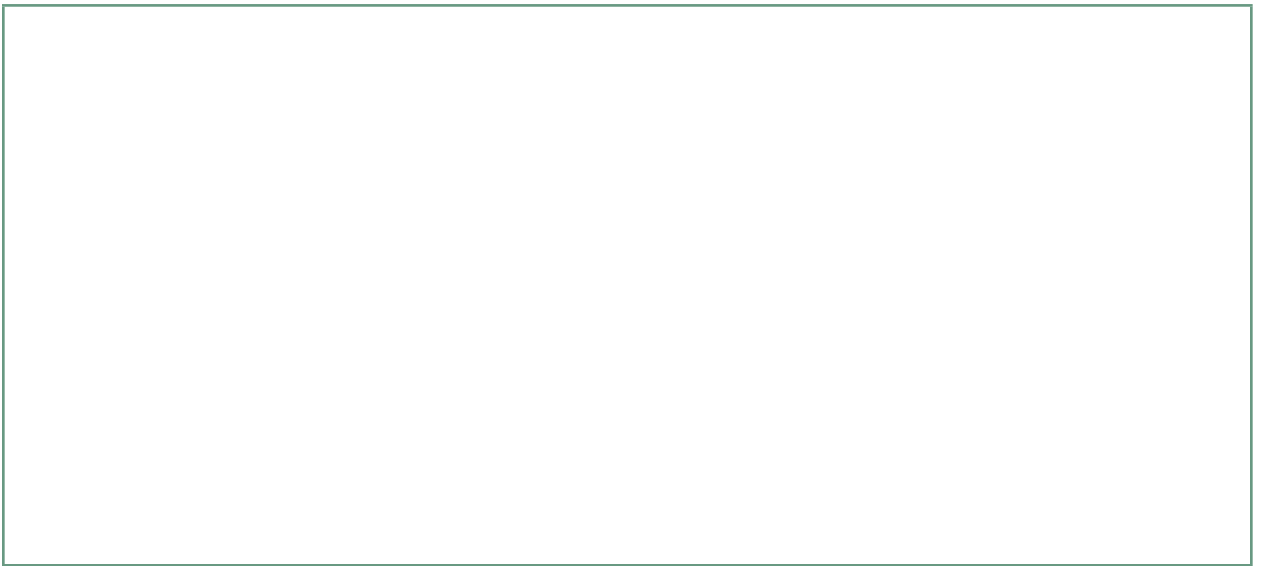
Date: _____

Reader's Notebook

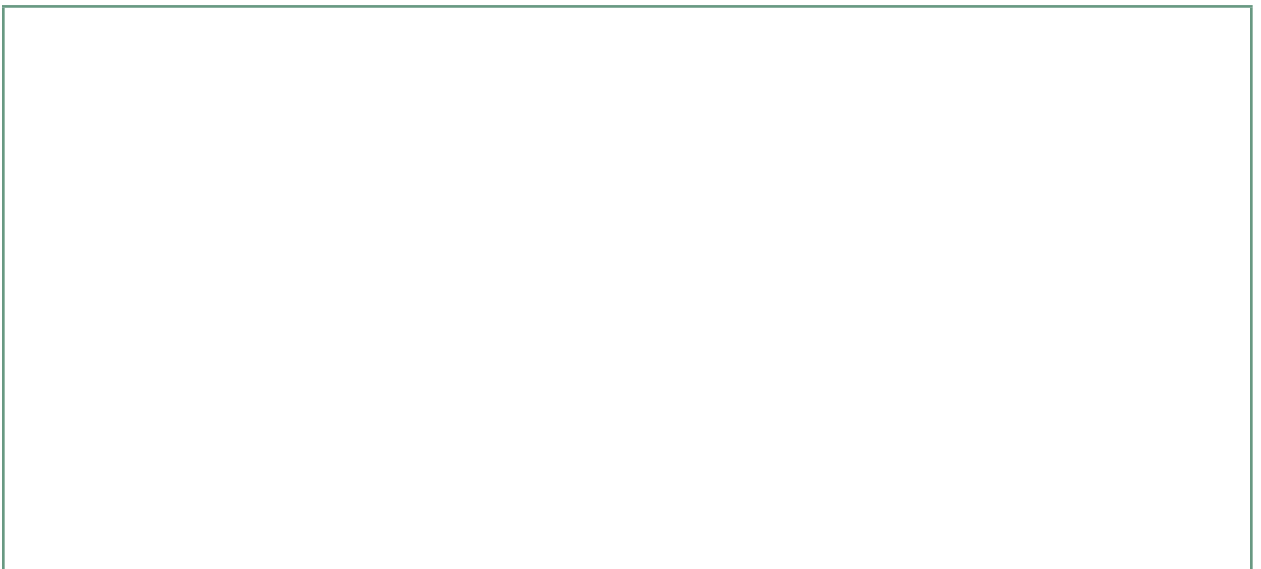
How Do You Rate Your Health?

Before Reading

1. Do you think kids are aware of or think about their own health?



2. Predict an answer to the pre-reading question in the blue box on page 164 of **Literacy in Action 5**.



During Reading

- 1. How do you compare to the group surveyed on the graphs?

- 2. Where do your results fall on the graph?

- 3. List other words that you can think of that use the root word meter.

After Reading

- 1. What surprised you the most or the least about the survey results?

2. How did it make you think about your own health?

3. What challenges do children face in making healthy choices?

4. What are some ways to make a start in being more health conscious?