


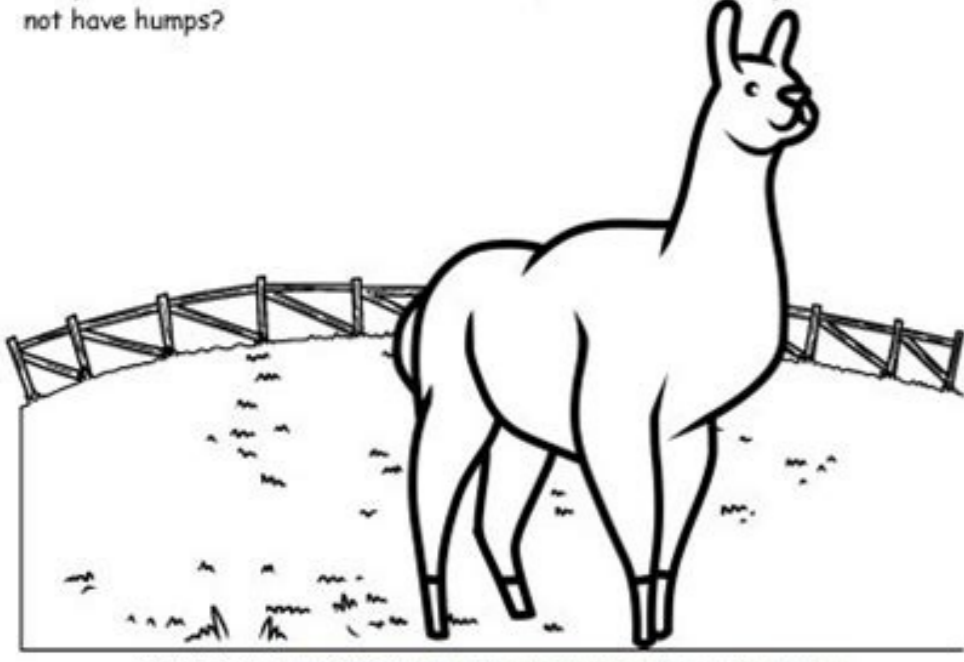
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Farm Animals Coloring Page - Llama



Did you know that the llama is a relative of the camel but they do not have humps?



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Skill - Reading Comprehension

Name _____

Eating Healthy

Story By: Andrew Frinkle

Ethan loved eating chicken nuggets, pizza, fries, and burgers. To drink, he always liked milk shakes, cola, or sugary drinks. The sweeter it was, the more he liked it.

"You can't keep eating this stuff!" Ethan's mom complained.

"Why? It tastes so good."

His mother frowned and crossed her arms. "You eat too much sugar."

"Yum! Sugar." Ethan smiled happily.

"Look at what you're eating for breakfast."

Ethan looked at the food in front of him. It looked good to him. "I'm having Juice, super rainbow sugar sprinkle krispies, and a donut." He smiled and took a bite of his glazed, jelly-filled donut. He chewed and then stopped when his teeth began to ache.

"Ethan, you're going to have to go to the dentist if you're getting cavities."

"No, I'm not!" Ethan denied it. He took another bite to prove he was fine. His teeth really ached, though.

"See?" His mother sighed.

"Why do all the delicious things have to be bad for me? I can't eat broccoli forever. I'm not a rabbit."

"I know, but you don't get all the vitamins and minerals you need from the stuff you like to eat. All that food is sugar and fat. You need good food for healthy teeth, eyes, and even your brain!" His mother explained. "If you can't start making healthy choices more often, I won't buy any junk food or sweets to keep in the house for snacks."

"That's not fair!" Ethan whined.

Whining didn't work with mother. It made her more serious. "Snacks are supposed to be occasional treats, not your regular meals. I should have bought more healthy breakfast foods for you. Tomorrow you will have eggs, toast without jam, bacon, some fresh fruit, and a glass of milk."

"That doesn't sound too bad."

"I'm not going to put all these sweets in your lunch anymore, either. You will get yogurt, raisins, or fresh fruit for your dessert in your lunch, okay?"

Ethan didn't want to agree, but his mom's suggestion wasn't really that bad. Maybe his teeth wouldn't hurt so much anymore, either. He really didn't like trips to the dentist.



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Cesar Chavez

Name: _____

Cesar Estrada Chavez

(March 31, 1927 - April 23, 1993)

was a great man who dedicated his

life to fight for the rights of

migrant farm workers in the USA.

Chavez used non-violent methods

to help increase the wages and

improve the working conditions

and safety of farm workers.

Migrant farm workers are people

who do farm labor, moving from

town to town as work is needed - it

is difficult work that pays very

little and can be dangerous due to

the use of pesticides (chemicals that kill bugs and can hurt people).

Chavez started a union, now called the United Farm Workers, that

acts to improve the life of migrant workers. Chavez organized

strikes against growers, planned boycotts of agricultural products

(lettuce and grapes), and worked to convince lawmakers to write

fair laws. Chavez dedicated his life to the non-violent quest for

social justice.

Questions

1. What is the current name of Chavez's union? _____

2. What is the name of chemicals that kill bugs? _____

3. What products did Chavez have boycotted? _____

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