

Water – It’s Good for You

Pre-reading



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Questions:

- Why is water good for you?
- What drinks are not good for you?

Definitions:

- Thirsty – having the need or desire to drink something
- Caffeine – a substance found in food and drink that gives a person energy
- Contents – that which is found inside something
- Quench – to put an end to

Reading

Bea is thirsty. She wants to buy something to drink. She stops at a store.

15 There are many choices of drinks. Bea sees soda, milk and iced tea. She sees juice
31 and water.

33 Bea thinks about all of the choices. She reads the labels on each drink. Soda
48 has sugar in it. Milk has fat. Tea has caffeine. Juice has sugar.

61 She reads the contents of the bottled water. The water has no sugar and no fat.
77 The water does not have caffeine. Bea decides that the water is the best choice for
93 her.

94 Bea buys the water. The cold, healthy drink tastes great. Her thirst is
107 quenched. Bea feels good.

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Understanding

1. Why is water a good drink? _____

2. Where does Bea buy her drink? _____

3. How many choices of drink does Bea have? What are they? _____

4. Which drinks have sugar? _____

5. Which drink has caffeine? _____

Writing

Option A: Write the story in your own words.

Option B: What do you like to drink? How much and how often? What is in the drink?
