Water – It’s Good for You

Pre-reading

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.

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

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

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

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

Water – It’s Good for You – Level 1.5