Mike Gets Ready For Work

Pre-reading

Questions:
• How do you get ready for work?
• What things do you do?

Definitions:
• A.M. or a.m. – in the morning, before noon
• Vitamin – substance needed for the health of the body; found in some foods and pill or liquid form
• Energy – power or strength needed to do something

Reading

Mike’s alarm clock rings at 6:00 a.m. Mike wakes up at 6:00 a.m. He gets out of bed. He takes a shower. He washes his hair and body. He shaves. Mike puts on clean clothes. He combs his hair.

At 6:20 a.m. Mike eats a healthy breakfast. He has wheat toast and a fried egg. He drinks orange juice. He has a vitamin. A healthy breakfast gives Mike energy in the morning. He will not get tired at work. After breakfast, Mike brushes his teeth. His body, teeth and clothes are clean. His stomach is full. Mike is ready for work.

At 6:35 a.m. Mike gets into his car. He drives to work. At 6:45 a.m. he parks his car in the company parking lot. Mike walks inside and hangs his coat in his locker. He is ready to punch in at 6:55 a.m. His shift starts at 7:00 a.m. Mike knows it is important to be to work on time.
Understanding

1. When does Mike wake up? ______________________________________________
   ________________________________________________________________

2. What does Mike do after he gets out of bed? ____________________________
   ________________________________________________________________
   ________________________________________________________________

3. Why is it important to eat a healthy breakfast? _________________________
   ________________________________________________________________
   ________________________________________________________________

4. How long does it take Mike to drive to work? __________________________
   ________________________________________________________________

5. What time does Mike’s job begin? ____________________________________
   ________________________________________________________________

Writing

Write about what you do to get ready for work.

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