

Family Fun at the Park

Pre-reading

Questions:

- What fun things does your family do?

Definitions:

- Exercise – activity done to keep the body or mind strong and healthy
- Picnic – a meal eaten outdoors



Reading

16 Deb does not have to go to work or school on Sunday. Deb and her family
32 like spending time together. On Sundays, they often go to the park. The park is fun
48 for everyone. There are young and old people at the park. It does not cost anything
to enter most parks. It is free!

55 Deb and her family enjoy staying healthy. Exercise keeps Deb and her family
68 healthy. Deb and her daughter, Jenny, walk to the park from their home. Deb's
82 sons, Alan and Jeff, ride their bikes to the park. Walking and bike riding are good
98 forms of exercise.

101 The children like to play at the park. The park has a large basketball court.
116 Jenny plays basketball with her friends. Jeff likes to climb on the playground
129 equipment. Alan likes to swing on the swings. Deb **enjoys** pushing him on the
143 swing. They laugh and play together.

149 Deb and her family have fun at the park. They enjoy being outside. They
163 enjoy staying healthy! Running on the basketball court is good exercise. Climbing
175 is good exercise. Swinging and pushing are good exercise.

184 For lunch, Deb unpacks a healthy picnic. The family enjoys picnics at the
197 park. They eat turkey sandwiches, apples, carrots and milk. Good foods keep Deb's
210 family healthy. Exercise also keeps the family healthy. Everyone has a great time at
224 the park!

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Understanding

1. What does the word **enjoy** mean? _____

2. What does Alan like to do at the park? _____

3. How does Deb's family get to the park? _____

4. What day does the family go to the park? _____
5. Why do they go to the park? _____

6. List some forms of exercise. _____

7. If you were planning a healthy picnic, what would you pack? _____

Writing

Choice A: What does your family do for fun? When and where do you do it?

Choice B: In your own words, write about what Deb and her family do for fun. Do you enjoy doing the same activities as Deb's family?
