

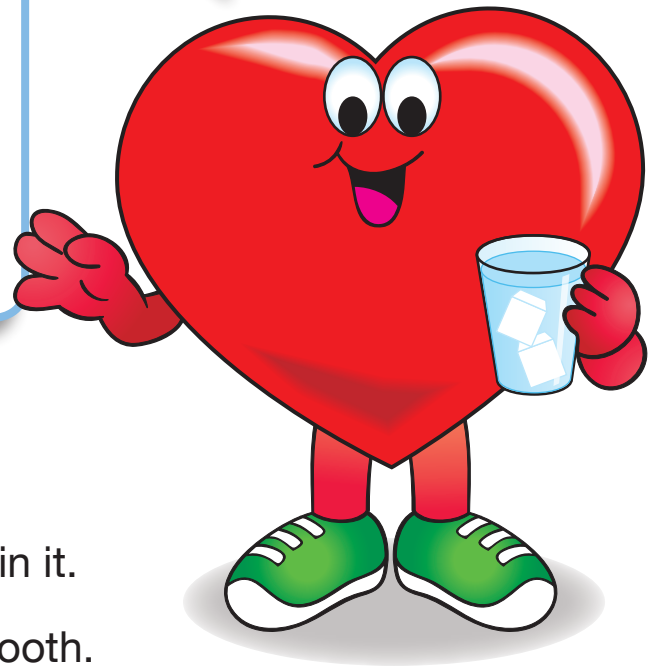
## Thirsty?

Read.

Did you know that soda has sugar in it? It has a lot! Too much sugar is not good for your body. It does not help your body work. It can make cavities, or holes, in your teeth too.

What does your body want to drink?  
Water! Water is the best drink for your body. It helps your body work well. Drinking water helps your heart too. It makes your heart's job easier. It is a good idea to eat healthy food. It is a good idea to drink healthy too!

The more water you drink,  
The better you'll be.  
It helps you stay healthy  
And keeps your heart happy!



Write.

1. Soda has a lot of \_\_\_\_\_ in it.
2. A cavity is a \_\_\_\_\_ in a tooth.
3. Drink \_\_\_\_\_ to keep your body healthy.
4. What are two ways water is good for your body?

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(RI.1.1)

**Answer Key**

**“Thirsty?”**

1. sugar
2. hole
3. water
4. It helps your body work, and it makes your heart’s job easier.