

EATING RIGHT WITH MYPLATE

Keeping Fit





Note to Librarians, Teachers, and Parents:

Blastoff! Readers are carefully developed by literacy experts and combine standards-based content with developmentally appropriate text.

Level 1 provides the most support through repetition of high-frequency words, light text, predictable sentence patterns, and strong visual support.

Level 2 offers early readers a bit more challenge through varied simple sentences, increased text load, and less repetition of high-frequency words.

Level 3 advances early-fluent readers toward fluency through increased text and concept load, less reliance on visuals, longer sentences, and more literary language.

Level 4 builds reading stamina by providing more text per page, increased use of punctuation, greater variation in sentence patterns, and increasingly challenging vocabulary.

Level 5 encourages children to move from "learning to read" to "reading to learn" by providing even more text, varied writing styles, and less familiar topics.

Whichever book is right for your reader, Blastoff! Readers are the perfect books to build confidence and encourage a love of reading that will last a lifetime!

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Keeping Fit



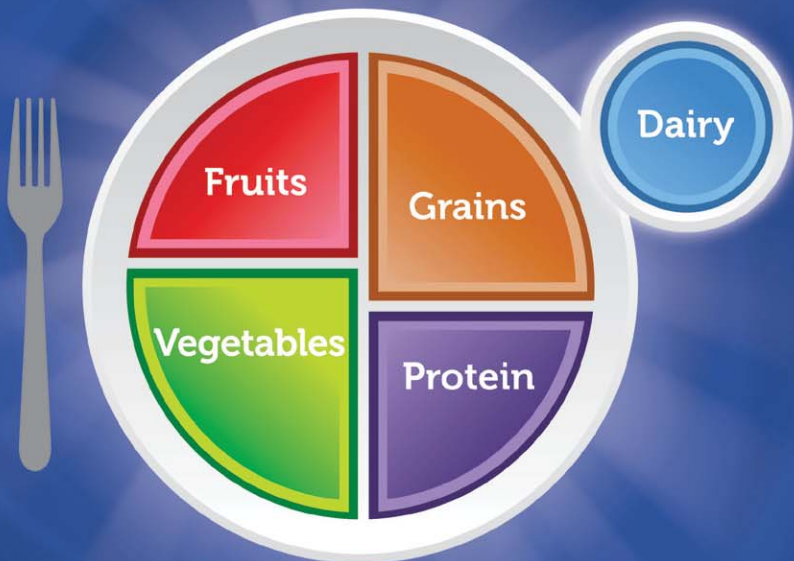
A fit kid is a healthy kid.
You can stay fit by eating
healthy foods and exercising.



You should exercise for an hour or more every day.



You need energy to stay active.
Healthy foods give you energy
to move and play.



MyPlate can help you choose healthy foods from every food group.

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