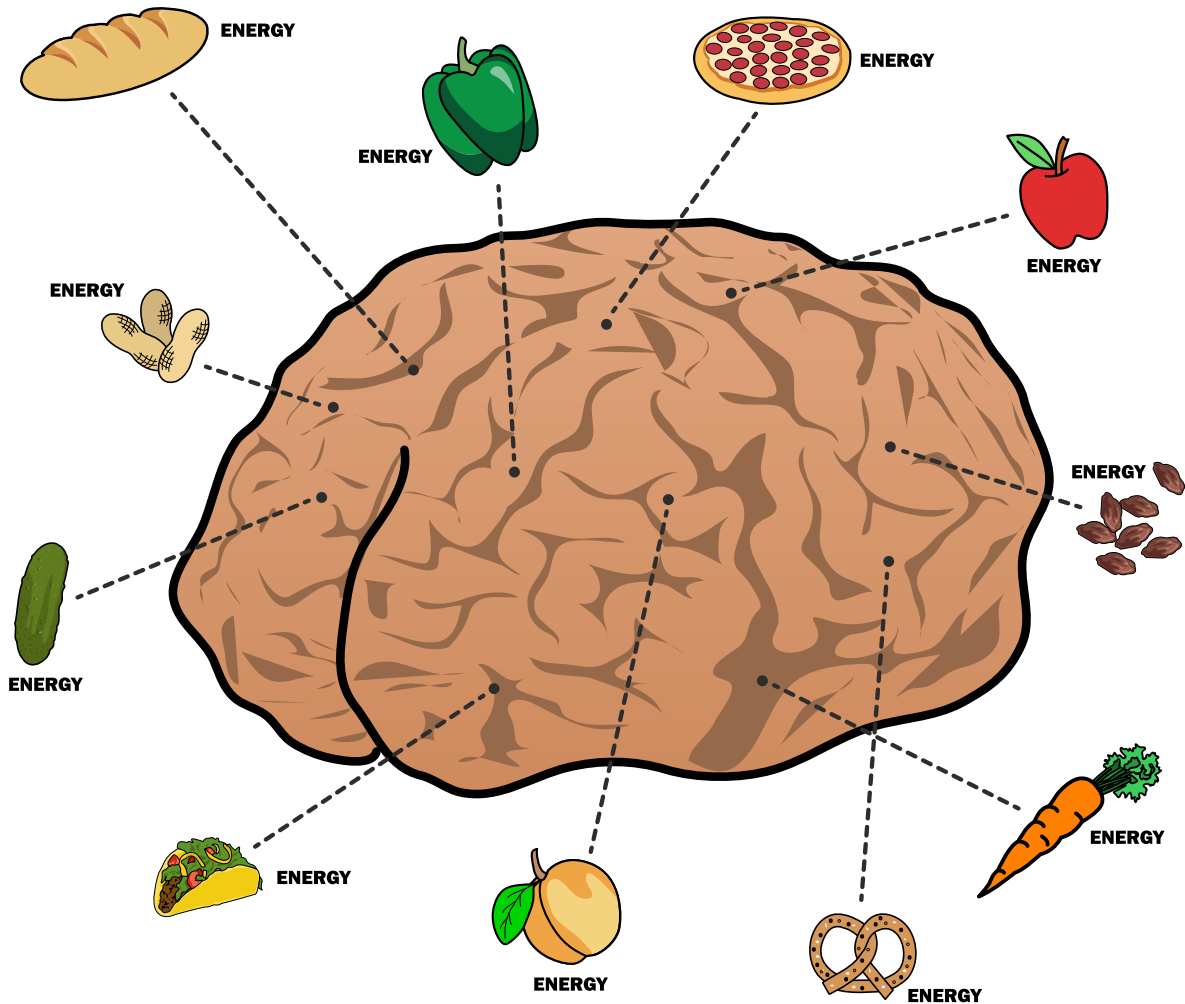
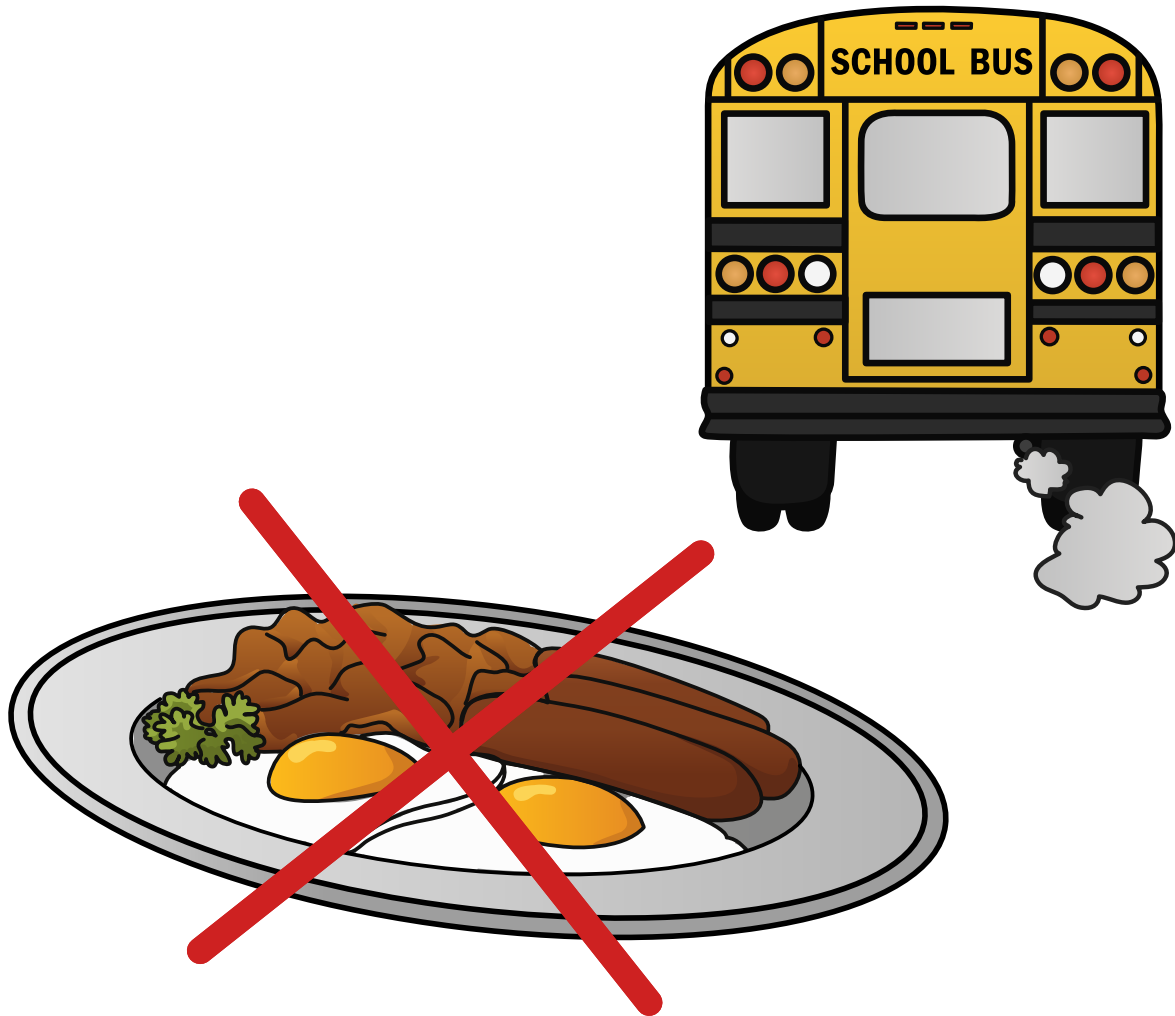


Food For Thought

Level F/G



Written and Illustrated by Travis Schaeffer



Simon wakes up late for school.

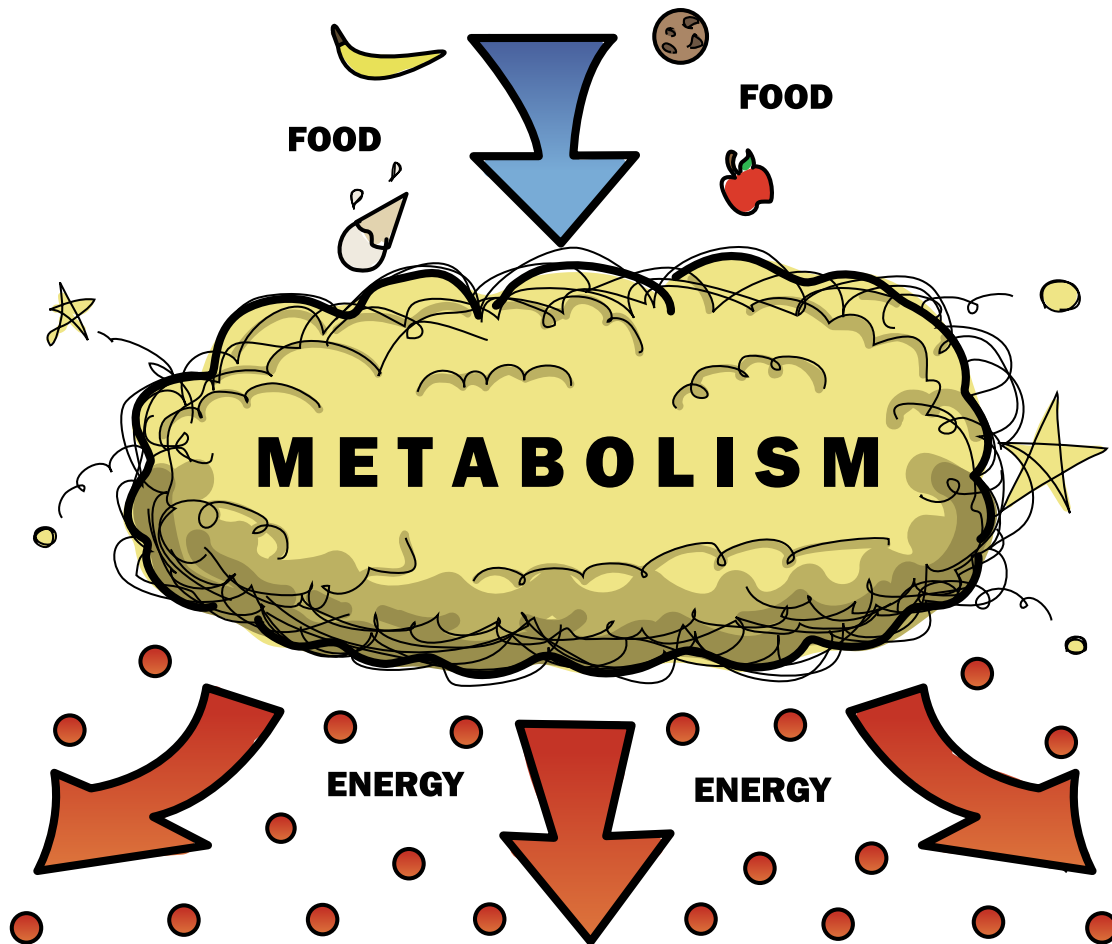
Simon gets ready in a hurry! He decides to not eat breakfast. Simon hurries to get on the bus.



HUNGRY ?
TIRED ■

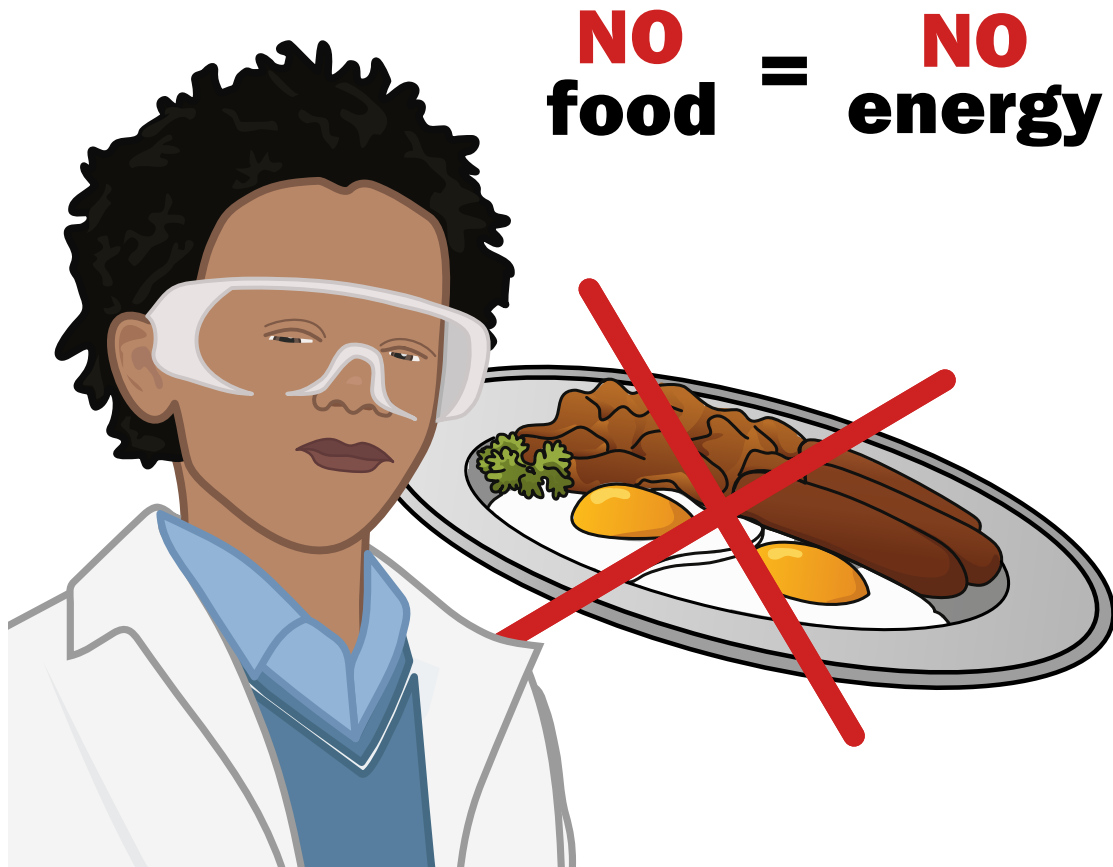
Before lunch, Simon's stomach rumbles. He is very hungry. Simon is also very tired! Simon is confused.

Simon slept in today. Why is he tired?

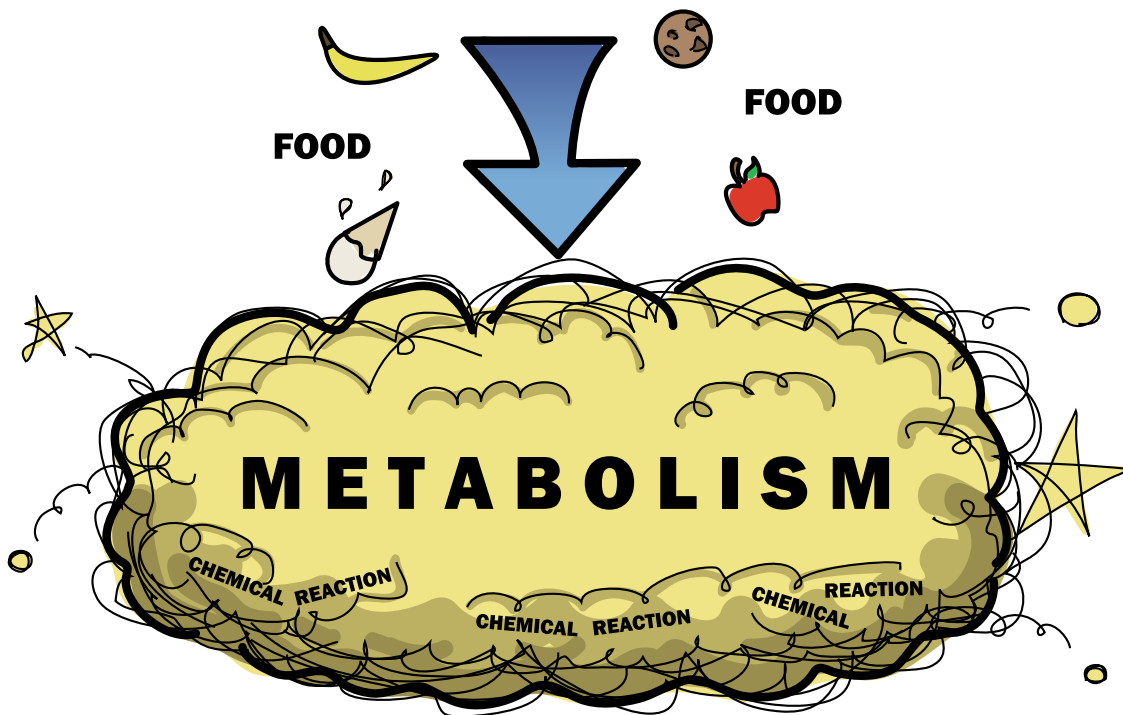


Simon learns about his metabolism.

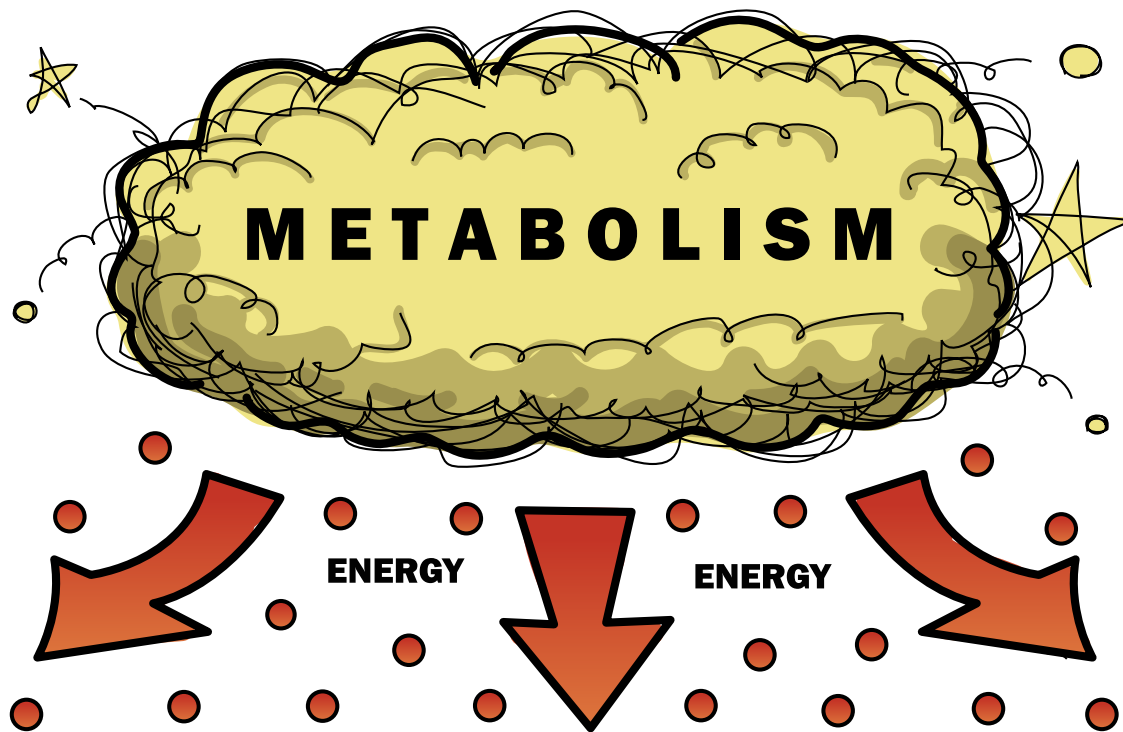
The metabolism is a chemical reaction that breaks down food in the body. It then changes it into energy. The energy is used to help us move and think.



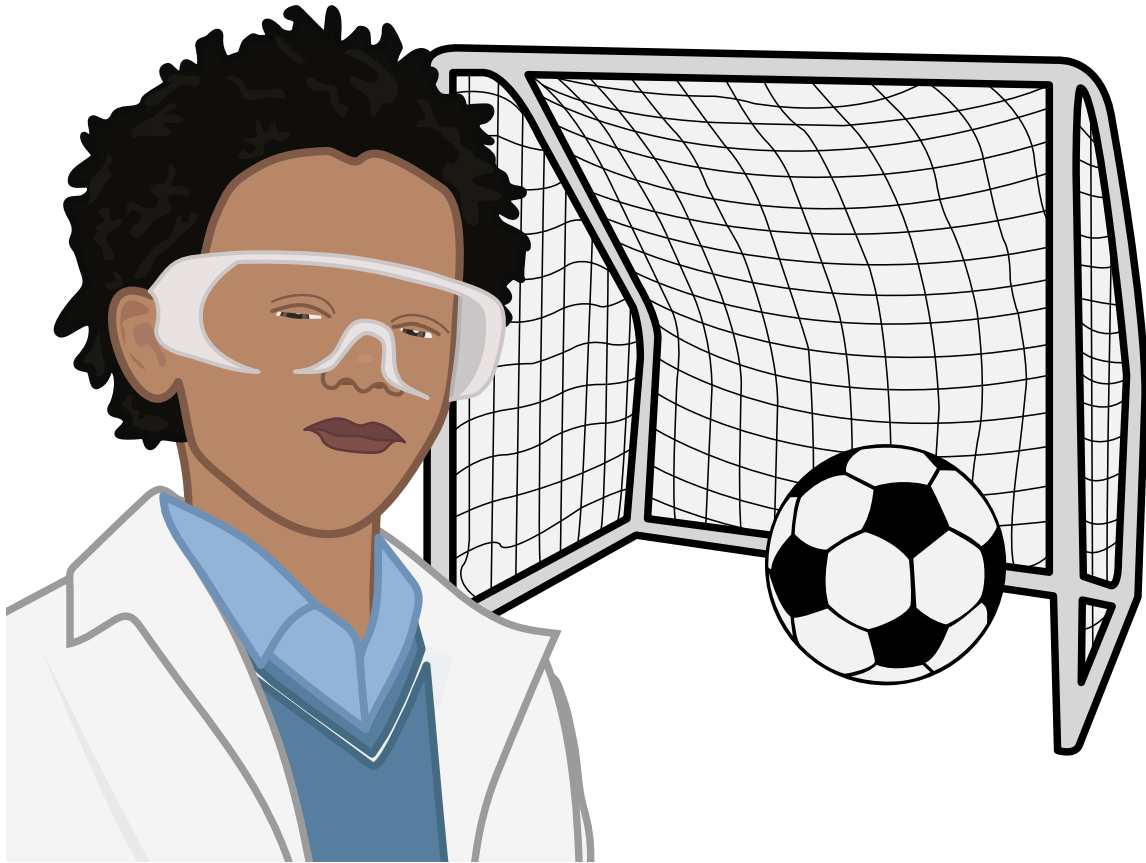
Ah Hah! Simon knows why he is tired.
He did not eat breakfast this morning.
Simon's body did not get energy. It is
time for lunch! Simon will eat food to get
more energy.



Simon is eating his lunch. There are **chemical reactions!** His food is breaking down into smaller substances. These substances are absorbed into the body.



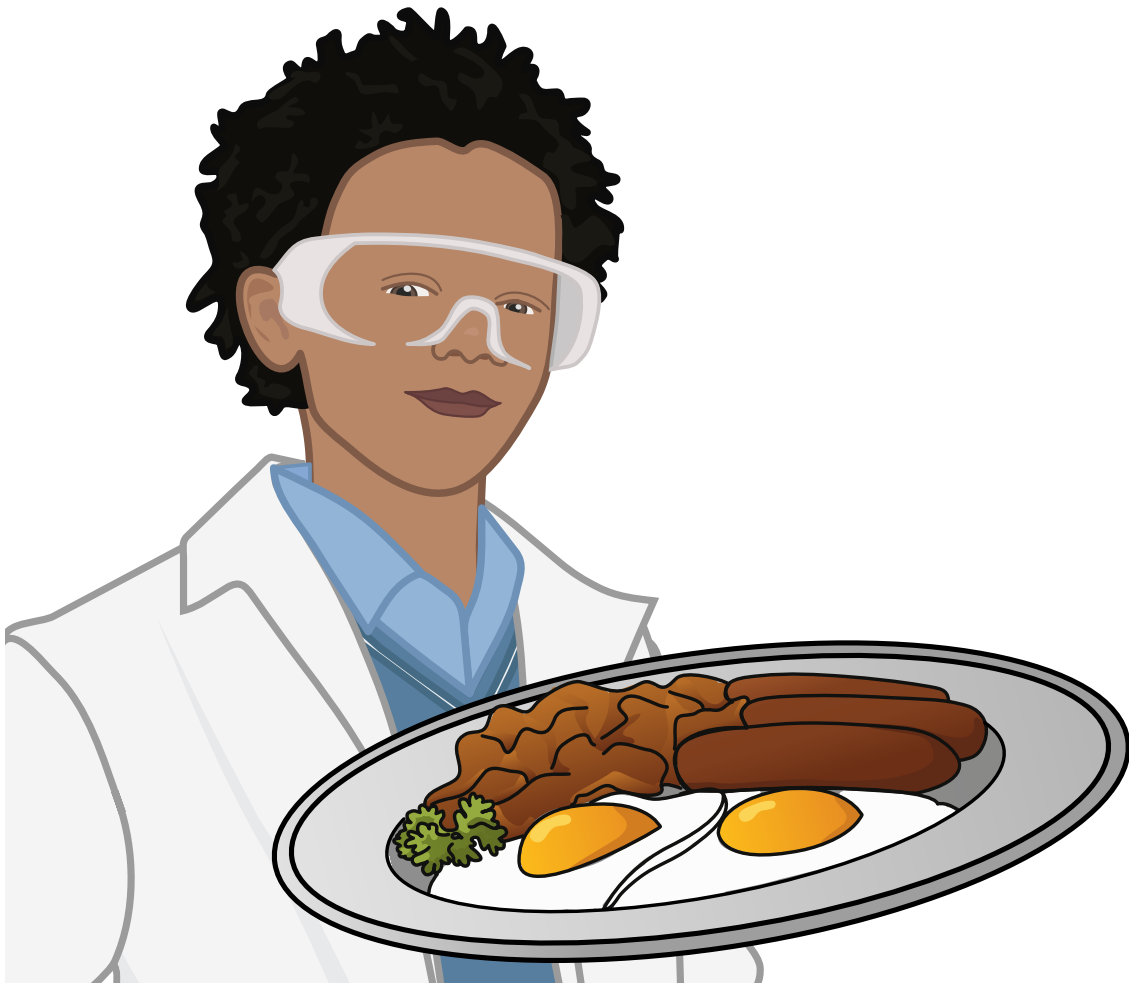
Simon's body changes the substances into energy. The energy is released into the body. Simon's body uses some of the energy and keeps the rest of the energy.



After school, Simon plays soccer.
Soccer is exercise. Exercising uses
energy! He is tired and hungry again.
Simon will go home to eat dinner.
He needs more energy.

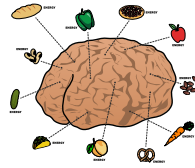


After dinner Simon does his homework and goes to bed. Thinking and sleeping uses energy! When Simon wakes up in the morning he will need more energy.



Simon wakes up. Simon is eating his breakfast! His body is getting energy. Simon is ready to go to school!

yes



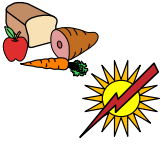
Food For Thought

no



<p>hurry</p>	<p>eat</p>	<p>break down</p>	<p>hungry</p>	<p>Simon</p>	<p>school</p>	<p>breakfast</p>
<p>change</p>	<p>release</p>	<p>keep</p>	<p>tired</p>	<p>lunch</p>	<p>metabolism</p>	<p>chemical reaction</p>
<p>exercise</p>	<p>use</p>	<p>think</p>		<p>food</p>	<p>body</p>	<p>energy</p>
<p>sleep</p>				<p>soccer</p>	<p>dinner</p>	<p>homework</p>

Glossary



metabolism - changing food into energy



energy - available power



chemical reactions - the reaction of one substance mixing with another