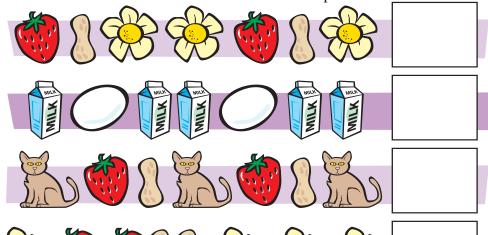


How do you get rid of allergies?

The best way NOT to suffer from allergies is to stay away from what causes them. This is easy if you know you can't eat strawberries or peanut butter. But if you are allergic to pollens and other things in the air around us, you may need to see a doctor for help.

Standards Link: Health: Students understand the treatment of diseases in the human body



to things you know can cause allergies.

belong in one

of the following

groups:

Things we

Things we

Things we

Put a star next

touch.

breathe.

eat.

Standards Link: Science: Investigation:

Group objects by common attributes.

Allergy Sufferer Wins!

n 1996, swimmer Amy Van Dyken became the first woman to ever win four gold in a single Olympics. . When she was a little girl, her Amy has severe _ allergies caused asthma attacks that often sent her to the room at ALLERGIES the hospital. She was so ____ from her asthma that she could not NORMAL GOLD swim the length of a pool until she was 12 years old. WEAK **MEDALS** Cince that time, new **EMERGENCY** treatments have made it possible for people with allergies and asthma to Aaa-CHOO! A big sneeze live more _____ lives. blew some words out of In Amy's case, it helped this story. Can you find her go for the ___ where each word belongs?

Standards Link: Reading Comprehension: Use context clues to understand the meaning of sentences.

ATTACK

POLLEN CAT CELLS EGGS ITCHY TASTE ALLERGIC DOCTOR WARRIOR PEANUT DOG **AIR SUFFER MOLD**

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

V P J K C A T T A K CDOGSEAURR AITCHYLNEO TSGGELULTT EWYREFFUSC TUNAEPONAO AETMOLDYTD EIKQPOLLEN GBROIRRAWA

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

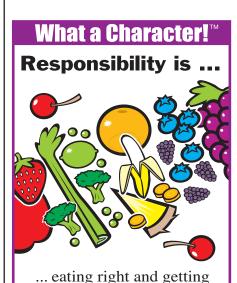
Proof It!

Are you an eagle-eyed reader? Read the paragraph below and circle the seven errors you find. Then rewrite the story correctly.

Breathe Safe

If the air near your home is polluted, their are ways for you to lower you're risk of health problems caused by pollution. You can played outdoors at the times of day when hair pollution levels are lower. In the summer, this is often in the morning or in the evening. Another good way to lower your risk is by taking it easier if me do play outdoors when air pollution levels is high. Also, if your chest ever feel strange or it is hard to breathe, stop playing outside, and tell your parents or teachers.

Standards Link: Health: Recognize and



lots of exercise.

This week's word:

ASTHMA The noun **asthma** means an

ailment in which the symptoms include difficulty breathing, wheezing and coughing.

The smoky environment brought on Devon's asthma attack.

Try to use the word asthma in a sentence today when talking with your friends and family members.

Healthy Feels Good

Everyone feels better, even people with allergies, when they eat right, exercise and get plenty of rest. Look through the newspaper for things that are good for your body. Choose three or more things.

Standards Link: Health: Students recognize and practice

What happens when you tell a doctor that you are allergic to perfume?



ANSWER: You get SCENT to a specialist.

What if I were allergic to ...

Pick something silly to be allergic to. How would this change your life?





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