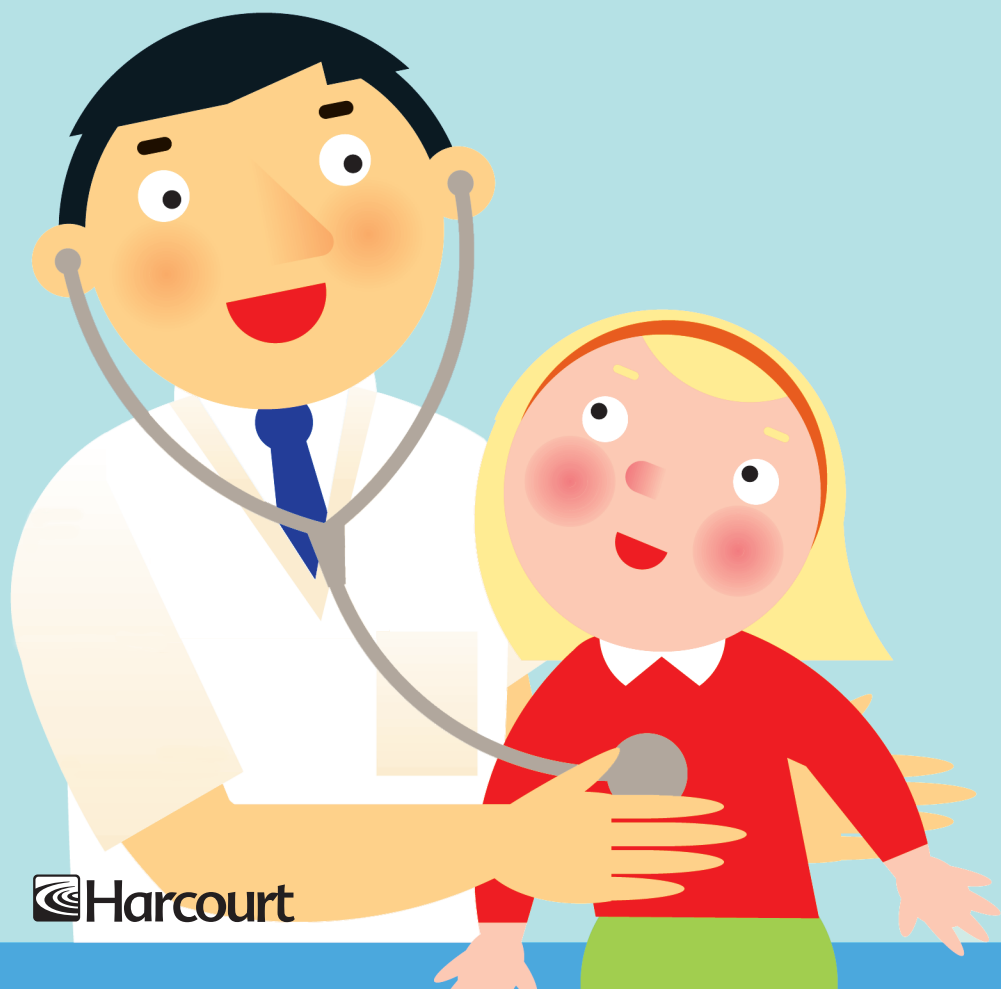


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Keep Well Day

by Meish Goldish
illustrated by Nancy Davis



 Harcourt

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Printed in the United States of America

ISBN 0-15-323030-4

Ordering Options

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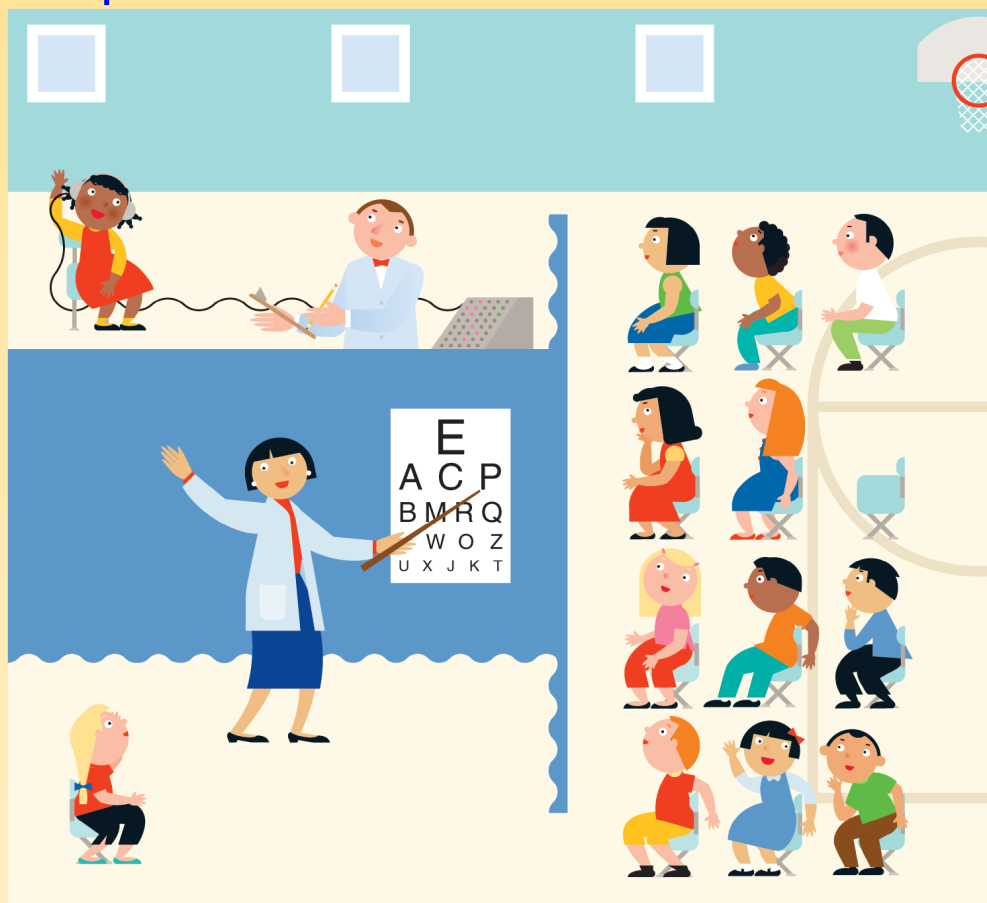
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🔊 At South County School, doctors from all around town came to Keep Well Day. Wow! What a crowd!



🔊 The doctors met all of the students. They checked to see that they took good care of their bodies. How busy the doctors were!



🔊 Dr. Carr is an ear doctor. He found out how well the students can hear. He used a machine that makes low and high sounds.





🔊 “Can you hear the low sounds?” Dr. Carr asked. “How about the high sounds?” He wrote what each student said.



🔊 Dr. Chow is an eye doctor. She found out how well the students see. They read a chart with rows of big and small letters.





🔊 “Call out the letters in the top row,” Dr. Chow said. “How about the next row? How about the row after that?”



🔊 Dr. Brown is a dentist. He checked each student's teeth. "Open your mouth wide," he said. He looked all around each mouth.





🔊 Dr. Brown found eight cavities in one mouth. How about that! “Keep candy out of your house!” Dr. Brown said.



🔊 Dr. Powers is a family doctor. She found out how healthy the students were. First she checked how much they weighed.



🔊 Then Dr. Powers listened to the sounds of their hearts. She counted the number of beats. She took down the amount.



🔊 The doctors' tests were over. Then they spoke to the crowd. They told the students how to take care of their bodies.



🔊 “Do not stick any small objects in your ears,” said Dr. Carr. “Wash the dirt out every day. Keep your ears very clean.”



🔊 “If you can’t see well, tell someone about it,” said Dr. Chow. “Don’t play around with your eyes.”










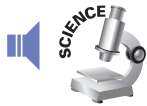
🔊 “Brush your teeth in circles,”
said Dr. Brown. “Brush for
about three minutes
after every meal.”



🔊 “Sit up, don’t slouch,” said Dr. Powers. “Run around to exercise. Eat the right amount of good foods. Keep well and be proud!”

Think and Respond

-  **1** Name the four kinds of doctors who came to the school.
-  **2** How does Dr. Chow test students' eyes?
-  **3** What do the doctors do after they test all the students?
-  **4** Why does Dr. Brown tell the student with eight cavities to keep candy out of his house?
-  **5** Do you think Keep Well Day is a good idea? Why or why not?



Keep Well List Make a list of things that you do each day to keep well. Share it with other students in class.



School-Home Connection Talk with a family member about how your family stays well. Discuss things such as eating the right foods, getting enough sleep and exercise, and brushing teeth regularly twice a day or more.



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