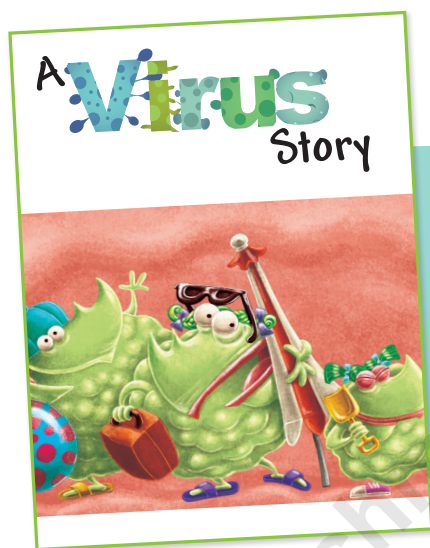




Why do we get sick?



Reading

Fiction

pp. 52–61

Genre: Graphic Novel

A graphic novel is a story that is similar to a comic. It has pictures, text and speech bubbles that work together to tell the story. “A Virus Story” is the story of what happens in the body of a girl who gets sick.

Writing

pp. 62–65

A Letter



Reading

Nonfiction

pp. 66–73

Genre: Persuasive Text

Persuasive texts try to change the reader’s mind or convince the reader to do something. “Why Should You Wash Your Hands?” is about the reasons why we should wash our hands often.

Before Reading

1 Look at the story title and the pictures on page 53.
Answer the questions.

- 1 What are the characters?
- 2 Where are they?
- 3 What do you think they are doing?

2 Discuss. What happens when we get sick?

3 Complete the sentences with the key words.

- 1 A _____ is something that can make you sick.
- 2 Your _____ protects your body when you get sick.
- 3 Your _____ is at the back of your mouth.
- 4 We need to breathe _____.
- 5 When you have a _____ you can't breathe easily.
- 6 You should cover your mouth and nose when you _____.



Key Words

air
immune system
sneeze
stuffy nose
throat
virus

4 Look at the pictures in "A Virus Story." Choose what the story is about.

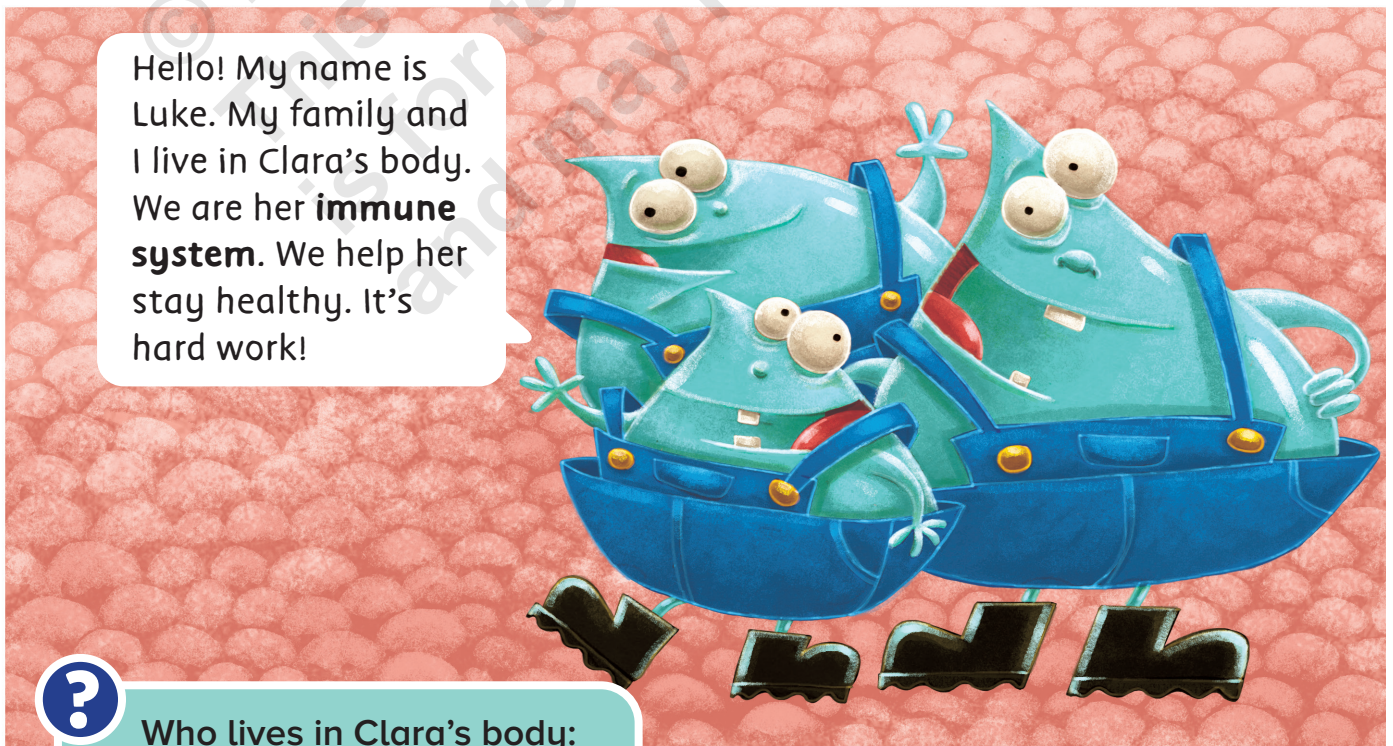
- a your body when you get sick
- b getting sick at school
- c places to visit on vacation



▶  3.1 Listen and follow the story to check.



A Virus Story



Who lives in Clara's body:
Rhona or Luke?

RHONA AND HER SISTER LUCY
ARE VISITING TOMMY'S NOSE.

I don't like this nose.
There's no space to move.
And there's no **air**.

Uh oh! What's
that noise?

Oh, no! Tommy is
going to **sneeze**!

Ah...ah...
AHH-CHOO!

TOMMY AND CLARA ARE
IN ART CLASS.

Ew! Tommy! You should
cover your mouth and
nose when you sneeze.

Sorry, Clara. I forgot.
I feel sick. I should go home.



What happens to the viruses?

NEXT, RHONA AND HER
SISTER VISIT CLARA'S NOSE.

I like this nose!

Yes, there is a lot of space!
Let's go see everything!

INSIDE THE HEART...

Everyone, we
have a problem!

Luke! There are viruses
in the nose. What's
happening?

INSIDE THE LUNGS...

I'm in the lungs.
They're OK.

INSIDE THE MUSCLES...

There aren't any viruses
here, but we're worried.
Clara is getting tired.

INSIDE THE BRAIN...

We're in trouble! Clara
should rest so we can
make the viruses leave.



Emergency immune system meeting!



The next day...

INSIDE THE HEART...



The heart is working hard.
It's warmer now.

INSIDE THE LUNGS...

There is less air in the
lungs. Uh oh!



INSIDE THE MUSCLES...

The muscles are getting
tired, and they hurt.



INSIDE THE BRAIN...

Clara should rest and eat
healthy food. What else
can we do?



INSIDE THE NOSE...

She has a **stuffy nose**.
The viruses don't like that!



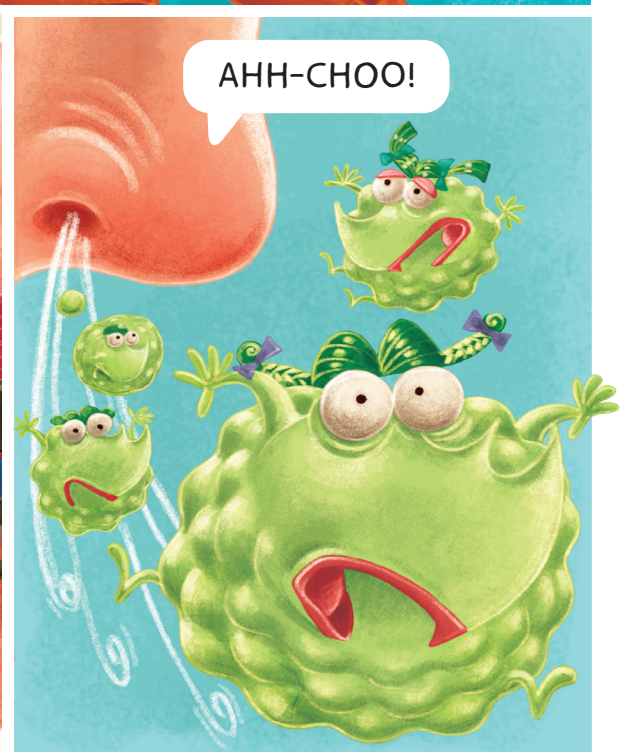
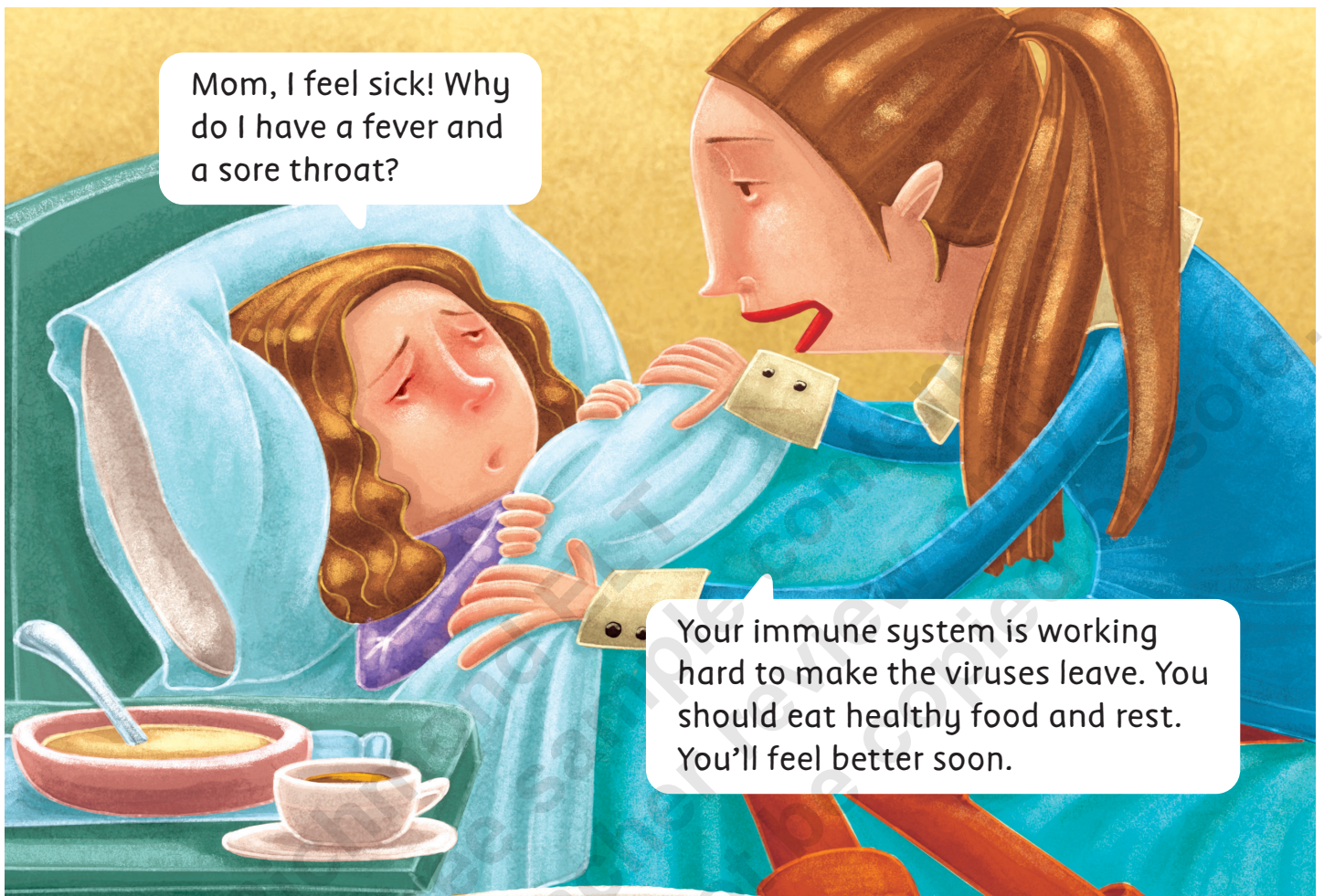
INSIDE THE THROAT...

When Clara coughs, the
viruses can't slide down
the throat.



What is happening in Clara's body?

Two days later...



What happens to the viruses at the end?

1  **3.1** Listen and follow the story again. Choose the correct answers.

- 1 Who are the main characters in the story?
 - a Tommy and Clara
 - b Rhona and Luke
 - c Clara and her mom
- 2 How does Clara get sick?
 - a She eats unhealthy food.
 - b She goes to bed early.
 - c Tommy sneezes on her.
- 3 Where do the viruses visit?
 - a the nose
 - b the heart
 - c the muscles
- 4 What do Luke and his family do?
 - a They visit Clara's nose.
 - b They make Clara sick.
 - c They make the viruses leave.

2 Read and number the sentences in order.

- a Luke asks Rhona to leave. _____
- b Clara feels sick. _____
- c Tommy sneezes. _____
- d Rhona and Lucy leave. _____
- e Clara rests and eats healthy food. _____



Sequencing Events

A story happens in an order. As you read, think about the order of events:

- What happens **first**?
- What happens **next**?
- What happens **after that**?
- What happens **last**?

3 Write two sentences. What can Clara do to help her immune system?

- _____
- _____

Reading Analysis

1 Find the sentences in the story. Choose *S* (speech) or *N* (narration).

- | | |
|---|-------|
| 1 Uh oh! What's that noise? | S / N |
| 2 Tommy and Clara are in art class. | S / N |
| 3 You should cover your mouth and nose when you sneeze. | S / N |
| 4 Two days later... | S / N |
| 5 Mom, I feel sick! | S / N |
| 6 AHH-CHOO! | S / N |

▶  3.1 Listen and follow the story again to check.

2 Complete the sentences with *Rhona*, *Luke* or *Clara*.



Identifying Characters' Points of View

When you read, think about what the characters in the story want and how they feel.
Try reading a story aloud with a different voice for each character.

- 1 _____ is unhappy in Tommy's nose.
- 2 _____ doesn't like Tommy sneezing.
- 3 _____ is happy in Clara's nose.
- 4 _____ wants the viruses to leave.
- 5 _____ doesn't understand why she is sick.
- 6 _____ is happy Clara has a stuffy nose.

3 In groups, read the story aloud. Decide who reads each character.

- | | | |
|---------------|---------------------|---------------|
| • Narrator | • The immune system | • Tommy |
| • The viruses | • Clara | • Clara's mom |

▶ Listen to another group. Do they express the characters' points of view well?

1 Look and label the pictures of Clara.

fever healthy food resting in bed stuffy nose



- 1 _____
- 2 _____
- 3 _____
- 4 _____

2 Think about the questions. Draw yourself and label your picture.

- What do you do when you get sick?
- How do you feel?
- What helps you feel better?

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3 Share your picture with your classmates.

1 Read the letter on page 63 and look at the pictures. Choose the correct answers.

1 Who is the letter from?

a Lisa

b Max

2 Who is the letter to?

a Lisa

b Max

3 What is the letter about?

a saying thank you

b sharing news

c an invitation

2 Write the punctuation (. ? !).

1 Are you having fun at your new school_____

2 Mom says I should stay home and rest_____

3 I'm eating a lot of ice cream_____



End Punctuation

Use the correct punctuation mark at the end of each sentence.

Statement (.) *I have a cold.*

Question (?) *How are you?*

Exclamation (!) *Get well soon!*

► Read the letter again to check.

3 Look at parts 1–6 of the letter and write the words.

address body closing date greeting signature

1 _____

4 _____

2 _____

5 _____

3 _____

6 _____

4 Match the phrases with the parts of a letter.

1 88 New Road, Chicago

a date

2 July 14, 2025

b signature

3 Hi Jake,

c greeting

4 See you soon. From,

d closing

5 Selina

e address



November 5

Hi Max,

How are you? I hope you're well. Are you having fun at your new school? I'm not at school today. I'm sick. I have a fever and a sore throat. Mom says I should stay home and rest. I'm watching TV in bed and writing a letter to you. It's not all bad - I'm eating a lot of ice cream!

Please write and tell me your news.

From,

Lisa

Planning My Letter

1 Read and answer the questions.

1 Who is your letter to?

2 What is their address?

3 What is the date today?

2 Write three ideas for the body of your letter.

Idea 1	Idea 2	Idea 3

➤ Which ideas do you want to include in your letter?

Idea 1 ☐ Idea 2 ☐ Idea 3 ☐

3 Complete the structure of your letter.

Greeting	Date
Body	
Closing	Signature

My Draft

- 1 Use your plan to write your letter.
- 2 Exchange letters with a classmate. Choose Yes or No about your classmate's letter.

- | | | | |
|---|---|---------------------------|--------------------------|
| 1 | The letter is about sharing news. | Yes ☐ | No ☐ |
| 2 | The letter has a date and a greeting. | Yes ☐ | No ☐ |
| 3 | The letter has a closing and a signature. | Yes ☐ | No ☐ |
| 4 | The end punctuation is correct. | Yes ☐ | No ☐ |

- 3 Write about your classmate's letter:

- 1 One thing you think is great about the letter.

- 2 One thing you think can make the letter better.

My Edit

- 4 Look at your classmate's answers in activity 2. Correct your draft.

- 5 Read your draft again. Answer the questions.

- 1 Are your spellings correct? ☐
- 2 Do you have capital letters in the correct places? ☐
- 3 Is your handwriting neat? ☐

My Final Text

- 6 Rewrite your letter.

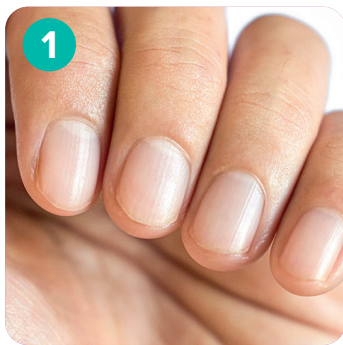
- Put your letter in an envelope and write the address. Share it with a classmate.

Before Reading

1 Look at the door to your classroom. Answer the questions.

- 1 How many times do people touch it every day?
- 2 What do you think is on it?
- 3 Does everyone wash their hands before they touch it?

2 Label the pictures with the key words.



Key Words

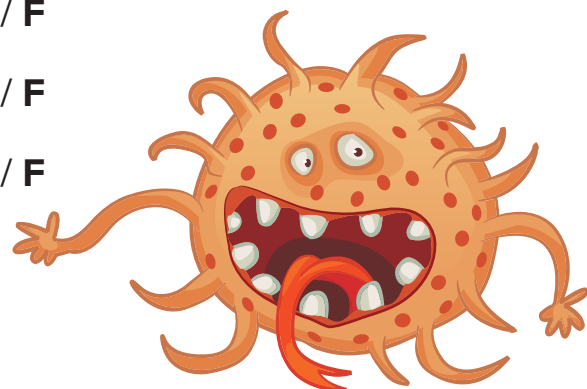
fingernails
rinse
scrub
soap
towel
warm



3 Look at the picture of some germs on page 67. Read the sentences and choose *T* (true) or *F* (false).

- 1 It's easy to see germs on your hands. **T / F**
- 2 Germs can spread to other people easily. **T / F**
- 3 Only dirty hands have germs. **T / F**
- 4 There is a right way to wash your hands. **T / F**

▶  3.2 Listen and follow the text to check.



Why Should You Wash Your Hands?



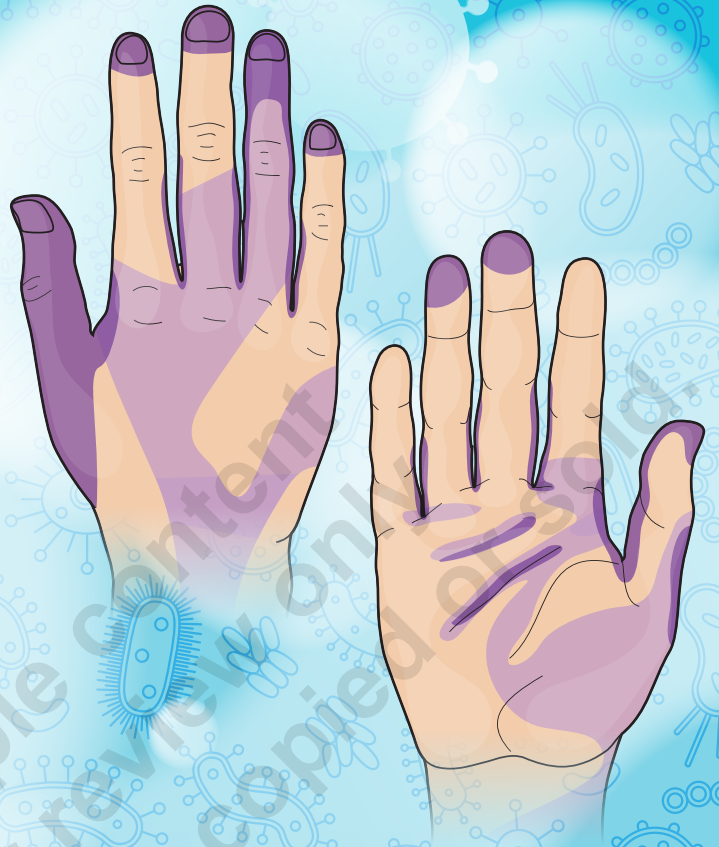
Germs are too small for you to see, but they can make you sick. Germs spread from person to person. They can spread by touch. Toys and books can have germs on them. A table can, too. Germs can also float in the air when we sneeze or cough. It's very important to wash your hands often. It can help you stay healthy.



How do germs spread?

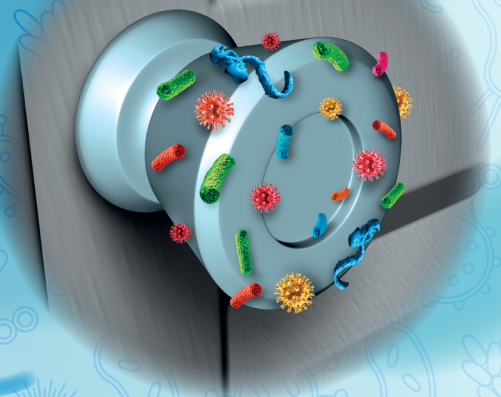
But My Hands Look Clean!

Washing your hands is important. When you touch something, you get germs on your hands. You need to get the germs off so you don't get sick. Your hands can look clean, but they can have germs on them. Look at the picture of these hands. The dark parts show places people often miss when they wash their hands. That's a lot of places!



Why Are Germs So Bad?

Some germs can infect your nose, throat and lungs. Then you cough and sneeze. You should cover your nose and mouth when you cough or sneeze. But then the germs are on your hands. If you touch a door, those germs can live there for two days! Anyone who touches the door in the same place now has the germs on their hands, and could get sick. You should wash your hands to keep yourself and everyone else healthy.



Is It Really That Easy for Germs to Spread?

Yes! For example, imagine you are sitting with your friend at lunchtime. Your friend sneezes. He covers his mouth with his hands. A few minutes later, your apple starts to roll off the table. Your friend catches it. Now the germs from his hands are on your apple. If you eat the apple, you can get sick, too.

So I Can't Avoid Germs?

Not completely. That's why it's a good idea to wash your hands often. And it's important to wash them the right way. If you just wet your hands and dry them, germs will still stick to your hands.

How can you get them off? You should use **warm** water and **soap**. It takes time, but it's worth it! **Scrub** between your fingers. Clean the back of your hands. Clean your **fingernails**. Germs can be on all the different parts of your hands. Next, **rinse** your hands. Then dry them with a clean **towel**. A dirty towel can put germs back onto your hands.



What should you do after you sneeze?



How Can I Stop Spreading Germs?

Germs are everywhere. But you can stop them from spreading. Wash your hands often. Do it the right way. Tell your friends to do it, too. Remember, it's better to wash now than to be sick later!

Hand Washing Steps



Wash the palms of your hands.



Scrub between your fingers.



Scrub the back of your hands.



Scrub the backs of your fingers.



Wash your thumbs.



Scrub your fingernails.



Wash your wrists.



What is the right way to wash your hands?

1 3.2 Listen and follow the text again. Choose Yes or No.

- | | |
|--|----------|
| 1 You can see germs on toys and books. | Yes / No |
| 2 If your hands look clean, they don't have germs on them. | Yes / No |
| 3 Germs can live on a door for two days. | Yes / No |
| 4 You should wash your hands often. | Yes / No |

2 Look and complete the sentences.

scrub soap towel warm



Using Visuals

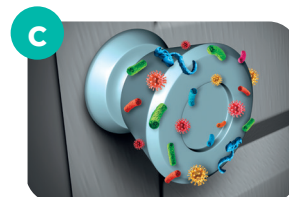
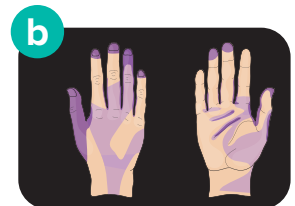
Visuals help us understand a text better.

- Maps show where things happen.
- Diagrams show information in a simple picture.
- Photos show real people and places.

- You should use _____ water to wash your hands.
- You should use _____ to get the germs off.
- Rub your hands together to _____ the different parts.
- Dry your hands with a clean _____.

3 Match the sentences with the pictures.

- People miss places when they wash their hands. _____
- Germs are on things people touch. _____
- You can spread germs through simple actions. _____
- Wash your hands the right way. _____



Reading Analysis

1 Label the parts of the text.

diagram heading photo title

**Why Should You
Wash Your Hands?**

**But My Hands
Look Clean!**



1 _____

2 _____

3 _____

4 _____

2 Read the text again. What is the author's purpose?

- a to entertain us with a story about germs ☐
- b to give us information about schools ☐
- c to persuade us to wash our hands ☐



Identifying the Author's Purpose

When you read a text, think about why the author is writing.

- Some texts are to **entertain** us, like a story or a poem.
- Some texts are to **give us information**, like a newspaper article.
- Some texts are to **persuade** or convince us to do something, like an ad or an essay.

3 Read the sentences from the text.
When does the author persuade the reader to do something?

- 1 Germs spread from person to person. ☐
- 2 You need to get the germs off so you don't get sick. ☐
- 3 For example, imagine you are sitting with your friend at lunchtime. ☐
- 4 You should use warm water and soap. It takes time, but it's worth it! ☐
- 5 Germs can be on all the different parts of your hands. ☐
- 6 Remember, it's better to wash your hands now than to be sick later! ☐

4 Are you going to wash your hands more often now?

Yes ☐ No ☐

5 Complete the sentence.

I'm going to wash my hands more often because _____
_____.

1 Look at the pictures and write. How can germs spread at school?

1 _____



2 _____

2 Write two things you can do to stop germs from spreading at school.

- _____
- _____

3 Draw yourself doing one of your ideas.

Reflection

1



What do you remember?
Complete the sentences.

get sick germs healthy immune system scrub sneeze touch virus

1



I'm a _____ and
when I visit, you
_____!

2



We are your _____ and
we help you stay _____.

3



Don't forget
to cover your
mouth when you
_____!

4



Some _____ can
infect your nose, throat and
lungs.

5



Germs are on things
that people _____,
so you should wash your
hands to keep everyone
healthy.

6



Wash the palms
of your hands with
warm water and
_____ between
your fingers.

2



Put the parts of a letter in order.

body closing date greeting signature

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Connect to Science

3

Research your immune
system. Answer the questions.

- 1 How does your immune
system fight a cold?
- 2 How can you help your
immune system? What can
you eat, drink or do?