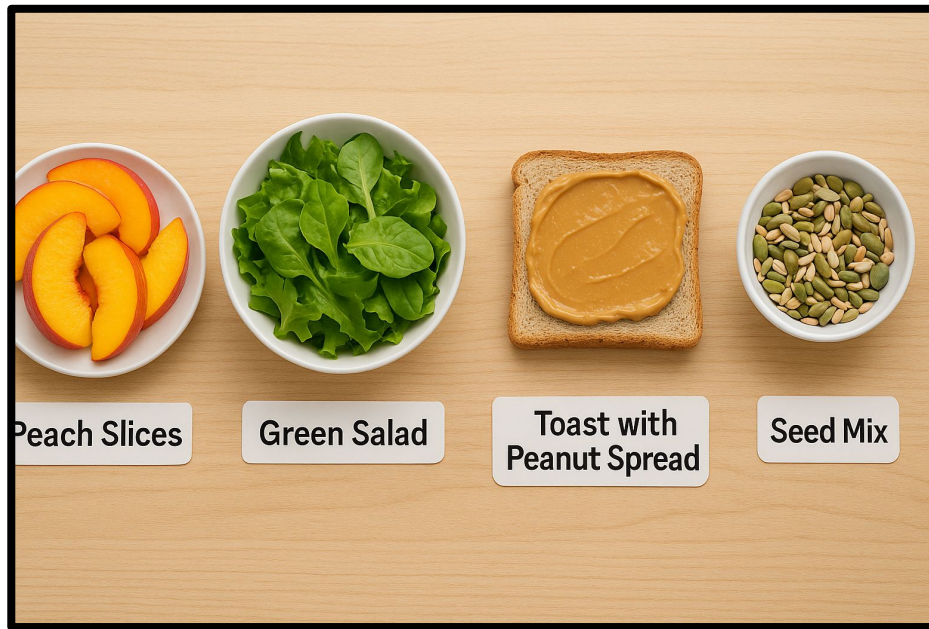


Decodable Texts: Long Vowel Teams: Both ea & ee

"This nonfiction story shares how snacks can help your body and brain. Watch for 'ea' and 'ee' words like 'treat,' 'green,' and 'peach' as you read!"



Healthy Snacks to Keep You Going

Some snacks give your body what it needs to stay strong.

Try a green salad with leafy greens and seeds.

You can also eat sweet fruit like peaches or grapes.

Whole wheat toast with peanut spread is a great treat too.

Each snack helps feed your brain and keep up your speed.

Choose snacks that are clean, simple, and full of energy.

When you eat well, you feel great!

After reading the story, have your child point to and slowly sound out each practice word.

treat

green

peach

seeds

wheat



Name: _____

Healthy Snacks to Keep You Going

1. Which of these is a healthy snack?

- A. Candy and cake
- B. Peach and toast
- C. Chips and soda
- D. Gum and ice

2. Why should you eat healthy snacks?

- A. To nap
- B. To feed your brain and stay strong
- C. To grow taller
- D. To run from fruit

3. Fill in the blank:

Each treat sat on a clean _____.

4. What are two snacks from the story that you would want to try and why?

5. How does eating healthy make you feel better?



Coaching Guide

Target Skill: ea and ee Vowel Teams (Long E)

Genre: Nonfiction – Health & Nutrition

High-Frequency Words: your, what, you, when, each

Before Reading

1. This story mixes “ea” and “ee” vowel team words. Watch for words like *treat*, *peach*, *green*, and *seeds*.
 2. What do you eat during snack time?
 3. How do you feel after eating something healthy?
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During Reading

1. **Sounding Out Support:** Help your child stretch long E words with “ea” (like *treat*) and “ee” (like *green* or *speed*).
 2. Watch for words about food and how it helps the body
 3. What does each snack do for you?
 4. Read the final line with energy, like you're cheering someone on!
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After Reading

1. Retell the types of snacks listed in the story
 2. How do these snacks help different parts of your body?
 3. What would you tell a friend who wants to eat better?
 4. Skill Check: Circle six ea/ee words in the story
 5. **Fluency Tip:** Read it again like you're giving a tip to a team before a big game!
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Activity Idea

Draw three healthy snacks and label each using ea/ee words like “peach,” “treat,” or “seeds.” Then write one sentence about which one you would eat and why.

Coaching Tip

Connect reading with real habits—when kids read about things they do daily, it builds meaning and memory.

