

## Decodable Texts: R-Controlled (ar)

*"This nonfiction story explains why we burp and how the body works. Watch for 'ur' words like 'burp,' 'hurt,' and 'your' as you read!"*



### Why You Burp

When you eat or drink fast, you may swallow air.

That air builds up in your belly.

A burp is how your body pushes that extra air out.

Burps are normal and help your stomach feel better.

Some foods and drinks—like soda—can cause more burps.

If you eat slowly, you might burp less.

It's smart to say "excuse me" after a burp!

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

burp

hurt

turn

normal

smart



Name: \_\_\_\_\_

## Why You Burp

1. What causes a burp?

- A. Too much sleep
- B. Swallowed air
- C. A loud noise
- D. Sunlight

2. What should you say after you burp?

- A. Oops
- B. Nothing
- C. Excuse me
- D. You're welcome

3. Fill in the blank:

A burp is how your body pushes that extra \_\_\_\_\_ out.

4. Why do you think burping helps your stomach feel better?

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5. What are polite ways to handle a burp in public?

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# Coaching Guide

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**Target Skill:** ur R-Controlled Vowel

**Genre:** Nonfiction – Health & Body Science

**High-Frequency Words:** when, you, may, that, after

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## Before Reading

1. This story includes “ur” words like *burp*, *hurt*, *your*, and *turn*.
  2. Have you ever wondered why people burp after eating or drinking?
  3. What’s a polite way to respond if you burp?
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## During Reading

1. **Sounding Out Support:** Practice the /ur/ sound in words like *burp*, *hurt*, and *your*.
  2. Watch for ur words that explain how your body feels and reacts
  3. What does the story say about eating too fast?
  4. Read the line about manners with care and clarity
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## After Reading

1. Retell how burps form and how they help your body
  2. Why might soda cause more burps than other drinks?
  3. What advice would you give a friend who burps a lot?
  4. Skill Check: Highlight six “ur” words in the passage
  5. **Fluency Tip:** Read it again with a calm, funny tone like you're teaching health tips to your class
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## Activity Idea

Draw a cartoon of someone eating too fast and then burping politely. Label parts using ur words like *burp*, *your*, *hurt*, or *smart*. Write one sentence about what they learned.

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## Coaching Tip

Use fun, relatable topics to boost reading fluency—kids love learning how their bodies work!

