**The Common Cold** (Marshall ABE, Level 3.5)

Colds are very common. Most \_\_\_\_\_\_\_\_\_\_\_\_\_\_ have about three colds a year. Children may have more. Colds are caused by cold \_\_\_\_\_\_\_\_\_\_\_\_\_. Germs are very tiny. They are so tiny that you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ see them.

When people with colds \_\_\_\_\_\_\_\_\_\_\_\_\_ or cough, they spread cold germs. Many people cough and sneeze into their hands. Those cold germs \_\_\_\_\_\_\_\_\_\_\_\_ in the hands. The cold germs are then passed to everything and everyone people \_\_\_\_\_\_\_\_\_.

How can you keep from getting a cold? \_\_\_\_\_\_\_\_\_\_\_\_ your hands! Colds are often spread through hand-to-mouth contact. Hand washing can help you from getting or giving cold \_\_\_\_\_\_\_\_\_\_\_. Being well-rested will help you stay healthy. Sleep is very important. Most \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ suggest seven to eight hours of sleep a night.  Exercising and eating \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ foods will also keep colds away. Walk at least 30 minutes a day and eat your fruits and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

      Many who take Vitamin C say they \_\_\_\_\_\_\_\_\_\_\_\_\_ get as many colds. Oranges, grapefruits and other \_\_\_\_\_\_\_\_\_\_\_\_ fruits have a lot of Vitamin C. Vitamin C is also found in \_\_\_\_\_\_\_\_\_\_\_\_\_ vegetables and vitamin tablets.

 

Directions: Read the article *The Common Cold*. Write a summary of the article. Try to use your own words. Your summary should include the following:

1. a topic sentence that states the main idea
2. how people catch colds
3. what people can do to prevent getting a cold
4. what people can do to stay healthy

Summary:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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