

Transition Word Chart

First Besides yet Next SO
these In fact until Neither, nor
In the first place those Before that
either, or As Meanwhile Although
if Then Finally whether, or Last
but For instance and unless
Likewise this Ever since nor
or Not only so that
However ALSO after while Indeed
Because Still for
Therefore Nonetheless when

Sample Expository Paragraphs

Today the P.E. teacher talked with our class about physical fitness. In fact, she said it is important to exercise at least an hour everyday. Exercise doesn't have to be a chore. For instance, riding a bike is great exercise. Roller-skating is, too. So, find an activity you enjoy and get some exercise!

I made a plan for getting enough sleep at night. After I eat supper I play for a while. Then I take a warm bath. When I finish bathing, I put on my pajamas and climb in bed. Finally, I read a good book. Reading makes me sleepy and I usually fall right to sleep.

It is important to stay clean. If you don't take regular baths germs can grow easier in cuts or sores. In fact, sometimes you have to use medicine to kill the germs. Also, if you don't take regular baths you might not smell so good. As a result, your friends might not want to play with you. Staying clean helps you stay healthy and happy.

Paragraph Puzzles

Paragraph 1:

Many people say breakfast is the most important meal.

When you wake up in the morning your body has gone 8-10 hours without food.

Therefore, it needs food for energy.

In fact, without food, your brain and body will have a hard time getting started.

Then you might do poorly at school.

So, make a point to eat a healthy breakfast.

Paragraph 2:

Have you ever brushed your teeth with ground-up chalk or lemon juice?

Before toothpaste was invented these are a few of the things people used to brush their teeth.

However, about 100 years ago, someone invented minty toothpaste.

At first, the toothpaste came in a metal tube. It was hard to squeeze.

Finally, someone invented a plastic tube.

Ever since, toothpaste has been easier to use.

Paragraph 3:

First, you gobble down a bowl of cereal for breakfast.

Then you go to school.

While at school, you do math, go to P.E., and read a book.

All of a sudden, your tummy starts growling!

Although you ate breakfast, you want to eat again.

Finally, your teacher says it is snack time!

Paragraph 4:

It is easy to make a healthy snack.

First, clean two stalks of celery.

Next, cut the celery into pieces about 3 inches long.

Then use a knife and spread peanut butter in the middle of the celery.

Finally, sprinkle some raisins on top.

This snack is called "Ants on a Log."

Ideas for My Note to Parents

- The class is learning about health and nutrition.
- The students want to eat healthy snacks.
- Healthy snacks do not have a lot of sugar or fat.
- It would be a learning experience to try different healthy snacks.
- We have planned a Snazzy Snacks event.
- Will you help by providing a small sample of a healthy snack for each person in our class?

Sample Note to Parent(s)

Dear Parent(s),

Our class is learning about health and nutrition. Because of this, the students want to eat healthy snacks. Healthy snacks do not have a lot of sugar or fat. Therefore, it would be a learning experience to try different healthy snacks. So, we have planned a Snazzy Snacks event for (date, time, location).

Would you please provide a small sample of a healthy snack for each person in our class by (time) on the above date so that we can taste different healthy snacks? If you can, please complete and return the form below. There are _____ students in our class.

Sincerely,
(Teacher's name)

.....

Yes, I will send samples of a healthy snack.

I plan to send _____

Sign _____

Note to Parents Key

Dear Parent(s),

Our class is learning about health and nutrition. **Because** of this, the students want to eat healthy snacks. Healthy snacks do not have a lot of sugar or fat. **Therefore**, it would be a learning experience to try different healthy snacks. **So**, we have planned a Snazzy Snacks event for (date, time, location).

Would you please provide a small sample of a healthy snack for each person in our class by (time) on the above date **so that** we can taste different healthy snacks? **If** you can, please complete and return the form below. There are _____ students in our class.

Sincerely,
(Teacher's name)