

Too Fat

Double consonants (ff, ss, zz, ll)



_____ is too fat. He likes pizza and fried foods. He sits a lot. He does not like exercise. His doctor says, "You must lose weight! You must eat less. You must walk more." He makes a plan. He walks for one hour every day. He walks up a lot of hills. He walks down a lot of hills. He huffs and he puffs. He does not miss a day. He eats a lot of vegetables. He begins to look and feel good.

Word Study: Students underline each double consonant (ff, ss, zz, ll)

Sound out

less

hill

huff

puff

miss

Remember

doctor

lose

weight

diet

walk

hour

Sentence Writing: What do you do to be healthy?

1. _____

2. _____

3. _____

4. _____