Too Fat

Double consanants (ff, ss, zz, II)



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.

Story by Story, Level 1, A Contextual Phonics Model and Curriculum; Revised for ELL students by Suzanne Jost of SALT (Somali Adult Literacy Training), with permission from the author, Marn Frank, M. Ed. of LDA of Minnesota (Learning Disabilities Association). Patient image by Julie Thompson.

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

Sound out	Remember
less	doctor
hill	lose
huff	weight
puff	diet
miss	walk
	hour
Sentence Writing: Who	
2	
3	