

Mike Gets Ready For Work



Pre-reading

Questions:

- How do you get ready for work?
- What things do you do?

Definitions:

- A.M. or a.m. – in the morning, before noon
- Vitamin – substance needed for the health of the body; found in some foods and pill or liquid form
- Energy – power or strength needed to do something

Reading

15 Mike's alarm clock rings at 6:00 a.m. Mike wakes up at 6:00 a.m. He gets
32 out of bed. He takes a shower. He washes his hair and body. He shaves. Mike puts
on clean clothes. He combs his hair.

39 At 6:20 a.m. Mike eats a healthy breakfast. He has wheat toast and a fried
54 egg. He drinks orange juice. He has a vitamin. A healthy breakfast gives Mike
68 energy in the morning. He will not get tired at work. After breakfast, Mike brushes
83 his teeth. His body, teeth and clothes are clean. His stomach is full. Mike is ready
99 for work.

101 At 6:35 a.m. Mike gets into his car. He drives to work. At 6:45 a.m. he parks
118 his car in the company parking lot. Mike walks inside and hangs his coat in his
134 locker. He is ready to punch in at 6:55 a.m. His shift starts at 7:00 a.m. Mike
151 knows it is important to be to work on time.

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Understanding

1. When does Mike wake up? _____

2. What does Mike do after he gets out of bed? _____

3. Why is it important to eat a healthy breakfast? _____

4. How long does it take Mike to drive to work? _____

5. What time does Mike's job begin? _____

Writing

Write about what you do to get ready for work.
