

How Do We
Know
We're
Growing?



By Samantha Berger • Illustrated by Rick Brown

1

SCHOLASTIC

Cut along dotted lines. Put the pages in order to make a book.



I can reach the handle on our door.
I can carry the milk when we go to the store.

3

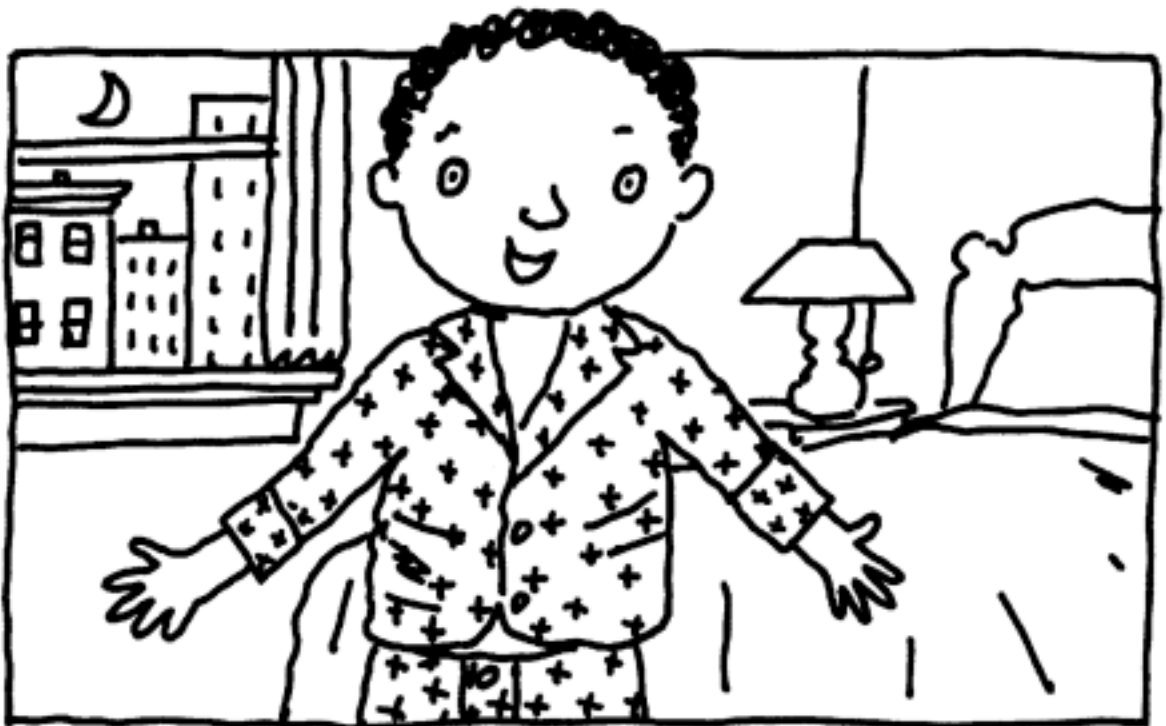


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Nutrition for Health



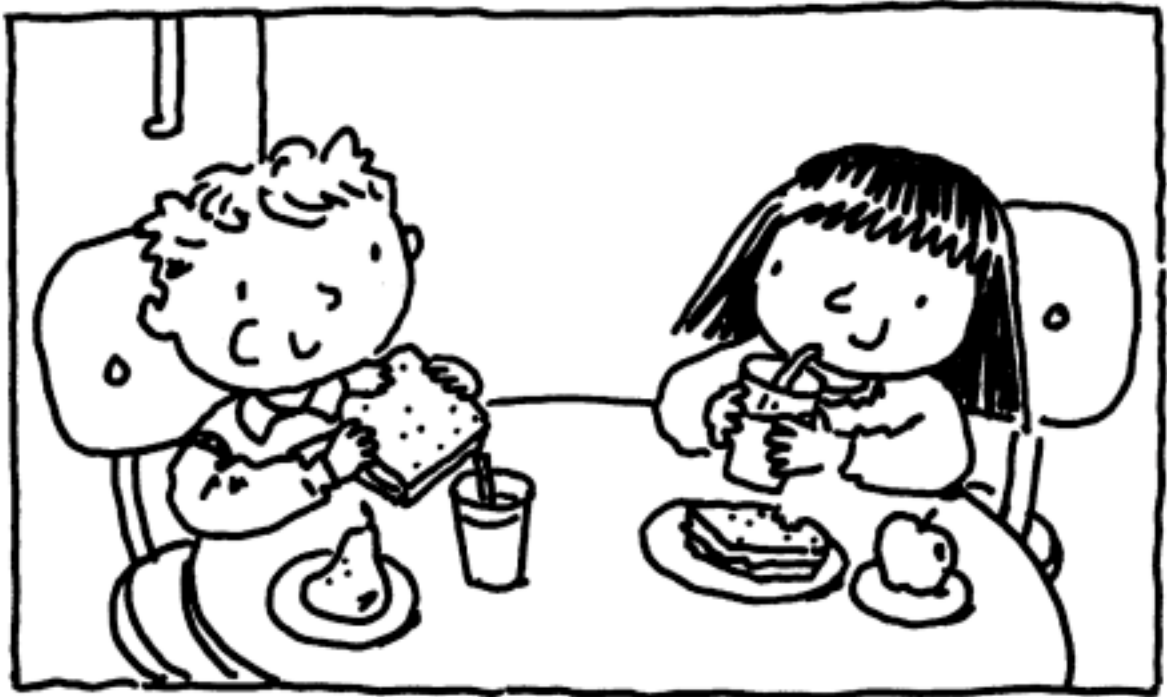
Look at what has happened here!
I am bigger and stronger than I was last year!

2



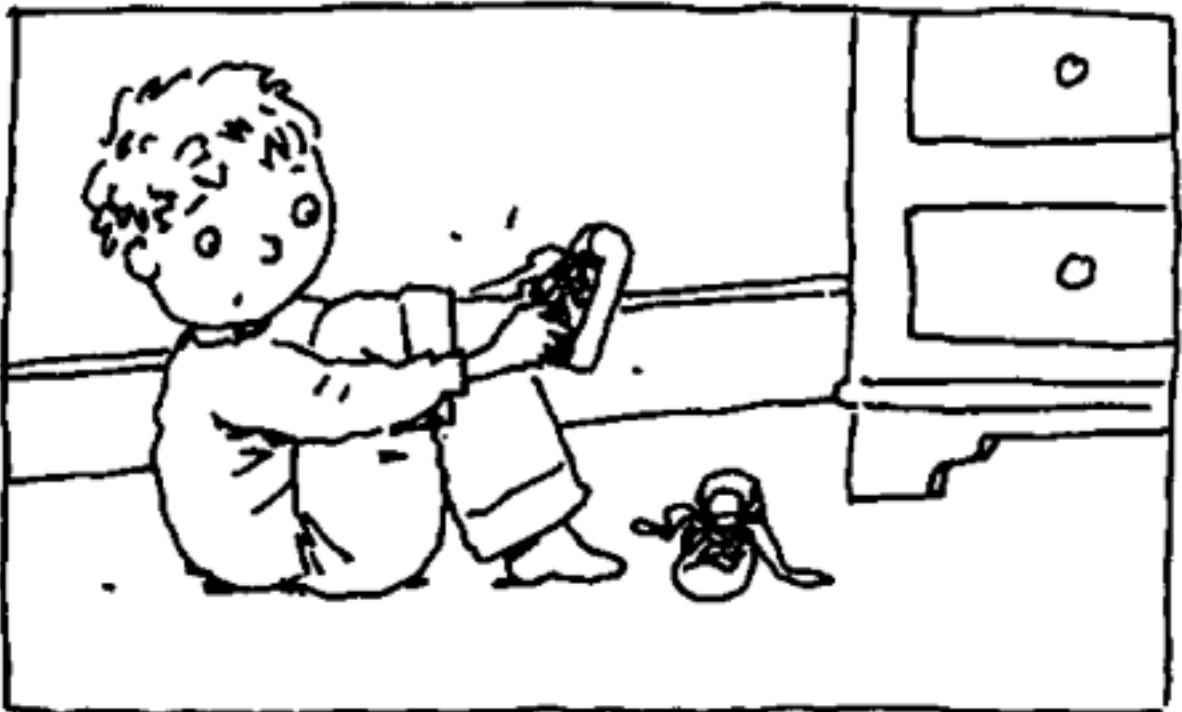
My pajamas feel a bit too small.

4



And it's all because of the healthy food I eat!

7



My sneakers do not fit at all.

5



I am bigger, taller, and stronger too.
I am growing! How about you?

8



I am much too big for my old car seat.

6