Name: _____ Date: _____

Sweat Is Your Built-In Cooler

Circle group

You run a fast race. Your face is wet. Your shirt is sticky. That is sweat. It does a big job. It keeps you from getting too hot.

Your skin has tiny holes. They are called pores. You get too warm. Sweat comes out of the pores. Sweat is mostly water. It sits on your skin. Then it dries. It takes heat away. You feel cool.

A breeze helps sweat dry fast. That is why wind feels good on a hot day.

Sweat takes water out of you. Drink water after you play. Rest in the shade.

Questions

1. What is sweat mostly made of?

_____

_____

2. Where does sweat come out of your skin?

_____

_____

3. Why does your body make sweat?

_____

_____

4. What helps sweat dry fast?

_____

_____

5. Why should you drink water after you play?

_____

_____

Words to know

sweat: the salty water that comes out of your skin when you are hot
pores: tiny holes in your skin
breeze: a gentle wind

shade: a cool spot out of the sun

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Sweat Is Your Built-In Cooler

Triangle group

After a fast race, your face is damp and your shirt feels sticky. That is sweat. It may seem messy, but it does a big job. It keeps you from getting too hot.

Your skin has many tiny holes called pores. When your body gets too warm, sweat comes out of them. Sweat is mostly water. It sits on your skin and then dries into the air. As it dries, it carries heat away. Your skin feels cooler.

A breeze helps sweat dry faster. That is why wind feels so nice on a hot day.

Sweat takes water out of your body, so you need to put some back. Drink water after you play. Rest in the shade for a while, too.

Questions

1. What is sweat mostly made of?

_____

_____

2. Where does sweat come out of your skin?

_____

_____

3. Why does your body make sweat?

_____

_____

4. What helps sweat dry faster?

_____

_____

5. Why should you drink water after you play hard?

_____

_____

Words to know

sweat: the salty water that comes out of your skin when you are hot
damp: a little bit wet
pores: tiny holes in your skin
breeze: a gentle wind
shade: a cool spot out of the sun

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Sweat Is Your Built-In Cooler

Square group

After a fast race, your face feels damp and your shirt sticks to your back. That moisture is sweat. It may seem messy, but it performs an important job, because it prevents your body from overheating.

Your skin is covered with many tiny holes called pores. Whenever your body becomes too warm, sweat flows out through them. Sweat is mostly water. It rests on your skin and then evaporates into the air. As it dries, it carries heat away from your body, and your skin feels cooler.

A breeze helps sweat dry more quickly, which is why a gentle wind feels so pleasant on a hot day.

Sweating removes water from your body, so you need to replace what you lost. Drink plenty of water after you play, and rest in the shade for a while as well.

Questions

1. What is sweat mostly made of?

_____

_____

2. Through what do sweat drops leave your skin?

_____

_____

3. Why does your body make sweat?

_____

_____

4. What helps sweat dry more quickly?

_____

_____

5. Why should you drink plenty of water after you play hard?

_____

_____

Words to know

sweat: the salty water that comes out of your skin when you are hot
damp: a little bit wet
pores: tiny holes in your skin
breeze: a gentle wind
shade: a cool spot out of the sun

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Sweat Is Your Built-In Cooler

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Sweat Is Your Built-In Cooler

Easier · 97 words · Flesch-Kincaid grade -0.7

1. Water.
2. Through tiny holes called pores.
3. To cool you when you get too hot.
4. A breeze.
5. Sweat takes water out of you, so you need to put it back.

Triangle: Sweat Is Your Built-In Cooler

This passage · 122 words · Flesch-Kincaid grade 1.3

1. Water.
2. Through tiny holes called pores.
3. To cool you down when you get too warm.
4. A breeze.
5. Sweat takes water out of your body, so you need to replace it.

Square: Sweat Is Your Built-In Cooler

Harder · 138 words · Flesch-Kincaid grade 4.7

1. Water.
2. Tiny holes called pores.
3. To cool you down when you become too warm.
4. A breeze.
5. Sweating removes water from your body, so you must replace it.