



GOAL GETTERS CHALLENGE

ACADEMIC FOCI
GRADES K-2 (EARLY ELEMENTARY)

Critical Reading



Passage 1: What Is Diabetes?

Our bodies use something called sugar for energy. Sugar comes from the food we eat. Sometimes a person's body has trouble using sugar the right way, and this is called diabetes. People with diabetes may need help from a doctor. Eating healthy food and moving our bodies every day can help us avoid getting diabetes.

1. What does our body use sugar for?

2. What is it called when a body has trouble using sugar?

3. Name two things that can help keep our bodies strong.

4. True or False: Moving your body every day can help keep you healthy.



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Passage 2: What Is Blood Pressure?

Your heart pumps blood all around your body. Blood pressure is how hard the blood pushes as it moves through your body. Doctors and nurses check blood pressure using a soft cuff that wraps around your arm. When blood pressure stays too high for a long time, it can make your heart work too hard.

1. What does your heart do?

2. What is blood pressure?

3. What tool do doctors use to check blood pressure?

4. True or False: A cuff for checking blood pressure wraps around your leg.



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Science & Math

Biology

1.Name one body part that helps you walk.

2.What part of your body pumps blood?

3.Circle the correct answer:

Your heart helps you
pump blood | regulate your sugar

Chemistry

1.If you mix red paint and blue paint together, what color do you get?

1.Circle the one that is a liquid:

water or a rock.



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Reading a Graph: Favorite Healthy Snack

Snacks	Number of Votes
 Apples	5
 Carrots	3
 Nuts	4

1. Which snack got the most votes?

2. How many more votes did apples get than carrots?

3. How many votes were there in all?



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Goal Getter Challenge

Record a short video explaining one answer from the Critical Reading passages and one answer from your Science & Math page. Speak clearly and try to remember your answer without looking at your notes!

The first two students with **the best submissions will earn Sugarfire x Jordan Walker swag.**

Submission deadline: August 28th.