Name: Date:

Staying Warm in Winter

During winter, staying warm is very important. People wear layers of clothing to trap heat. Drinking warm drinks and staying active also help keep the body warm. By dressing properly and making smart choices, people can enjoy winter without getting too cold.

Questions:

1. Why is staying warm important in winter?

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2. How do layers of clothing help?

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3. Name one thing people can drink to stay warm.

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4. What does staying active help with?

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5. Summarize the passage in one sentence.

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