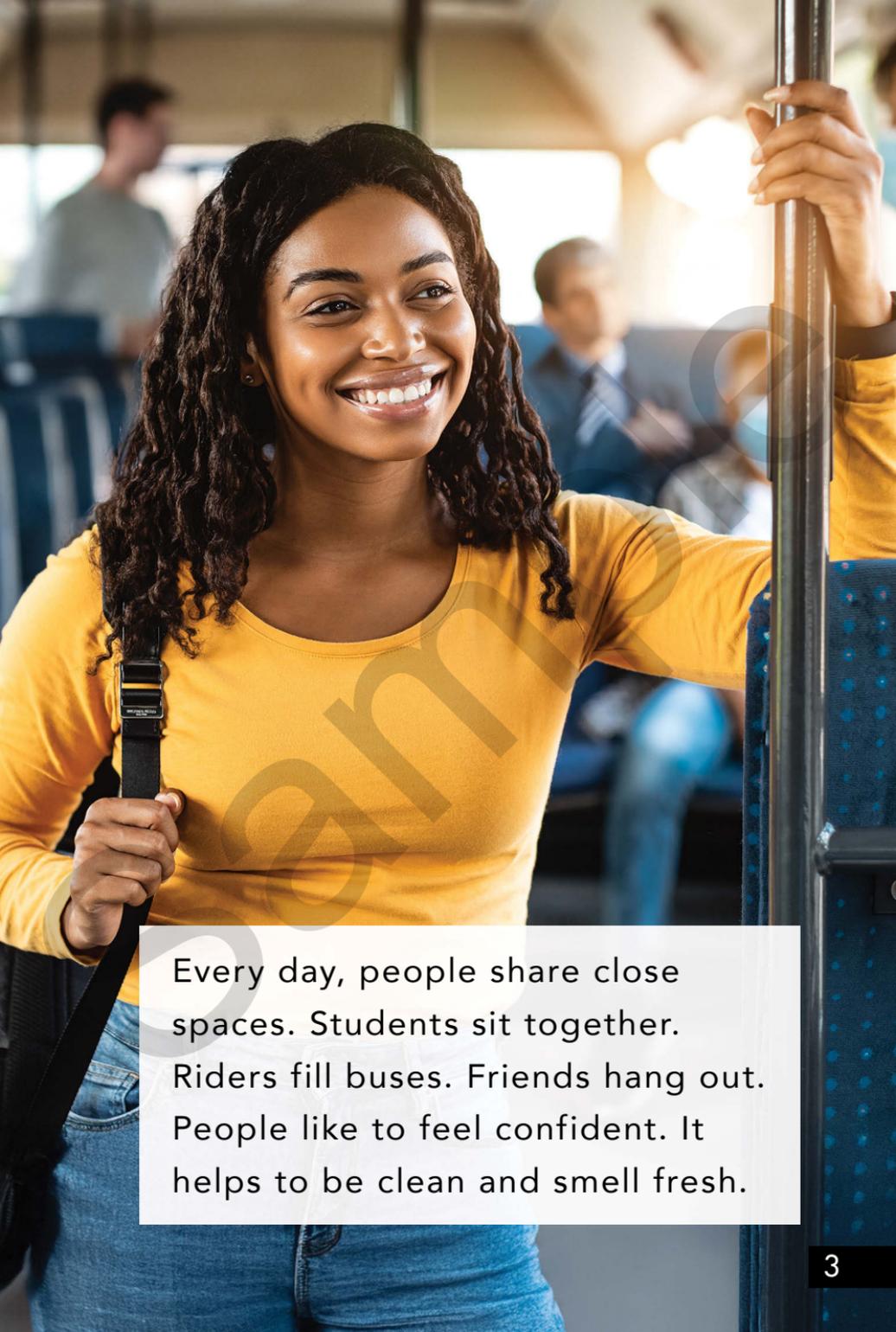




# GROOMING

BY EMILY SCHLESINGER



Every day, people share close spaces. Students sit together. Riders fill buses. Friends hang out. People like to feel confident. It helps to be clean and smell fresh.

You can take steps. Wash your body.  
Care for your hair. Brush your teeth.  
These are all part of **grooming**.





## GROOMING

the things people do to keep themselves neat and clean





Grooming can make people look and feel better. It keeps **germs** away. People stay healthier.

### GERM

a very small living thing—such as bacteria, a virus, a toxin, or a fungus—that can make people sick

The first step is caring for your body. Dirt builds up. Sweat does too. Washing often is a must.





Many Americans shower every day. Most wash with soap. Others use body wash. Both clean the skin. They also kill germs.



Skin has oil. The oil builds up. It can cause breakouts. Washing your face prevents them. Some use **face wash**. This can fight **acne**.

A person is shown from the chest up, washing their face with their hands. They are wearing a white t-shirt. The background is a bathroom with a wooden shelf holding various items. A large, semi-transparent watermark reading 'Sample' is overlaid diagonally across the image.

## FACE WASH

a deep cleanser for skin designed to control oil and clean pores

## ACNE

small red spots that form on a person's face, neck, or back; also called pimples

## COMMUNITY

American Culture  | Sweet Memories  
Community Services  | Something New  
Safety  | Only One You  
Social Expectations  | Take a Bow

## LIFE

Food and Meals  | Winner's Choice  
Making Friends  | Friendship in Progress  
Money Basics  | Budget Belt  
Sports and Activities  | Ready at Bat

## PEOPLE

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Physical Health and Fitness  | Out of My Head  
Self-Awareness  | Shining Through

LEXILE HL180L

ISBN: 978-1-63889-840-5





# THE DIRTY TRUTH

BY SHEENA MOSLEY



Rio Alvarez was panicking. The middle schooler had been searching for half an hour. "Where is it?"

He started to **perspire**. Rio wiped beads of sweat from his forehead.

His half of the bedroom was a mess. Rio shared it with Che, his older brother.

***perspire:*** to sweat





A person's profile is visible on the left side of the frame, looking towards the right. The background is a bedroom with a wooden bed frame and a red pillow. A large, semi-transparent watermark reading "Sample" is overlaid diagonally across the image.

He came in. "You're going to be late for school." He looked at the mess. "What are you doing?"



Rio started to answer. Then something caught his eye. It stuck out from under a pillow.

"I found it!" Rio grabbed the soccer jersey. He put it on.

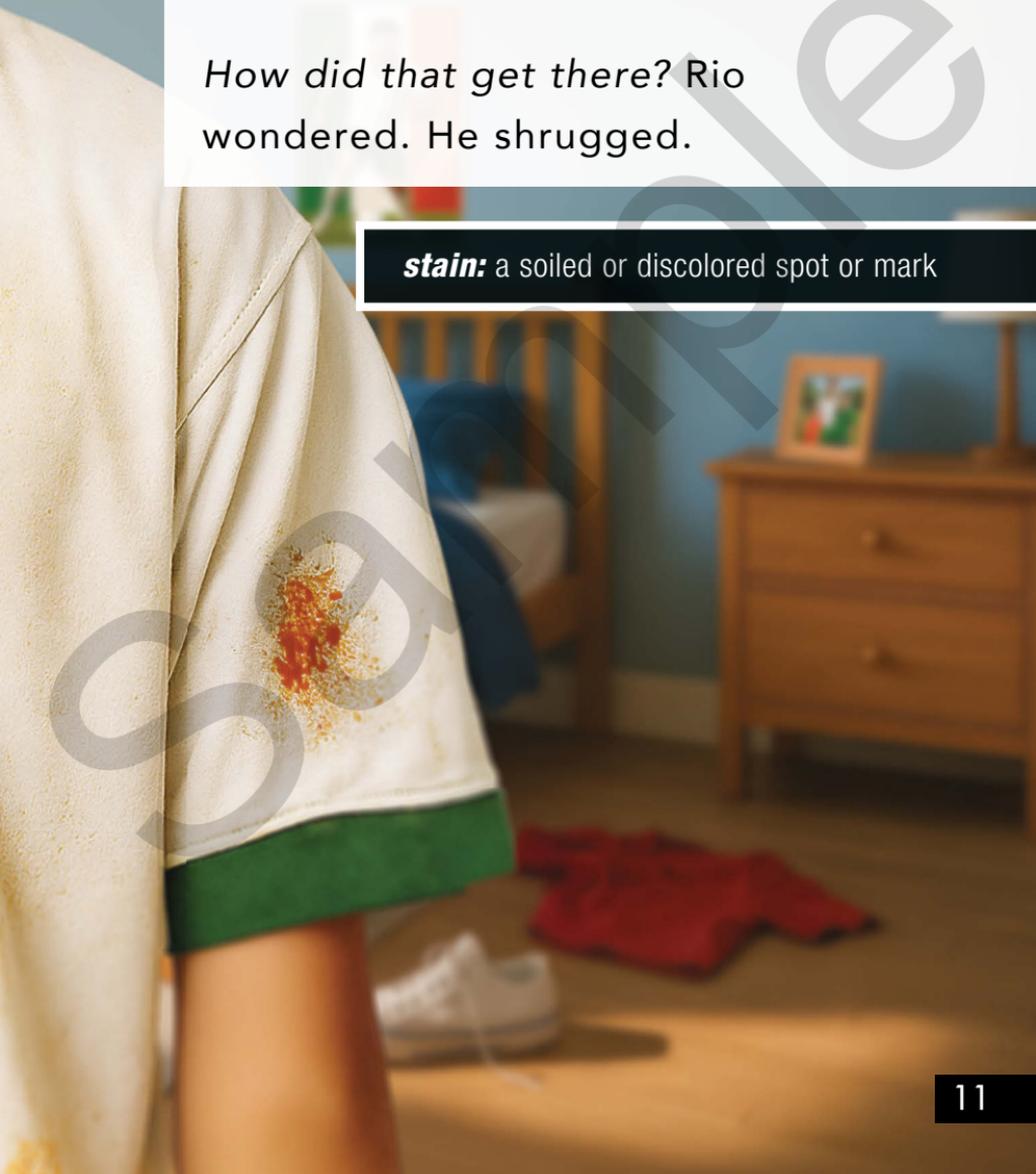




The jersey had a couple of yellow smudges around the neck. A dark smear was on the right sleeve. There was a hot sauce **stain** on the left one.

*How did that get there?* Rio wondered. He shrugged.

**stain:** a soiled or discolored spot or mark



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