

The Common Cold

Pre-reading

Questions:

- What do you do when you get a cold?
- Why do you think they are so common?

Definitions:

- Common – happening often
- Citrus – group of trees that grow in warm areas that are known for their juicy fruits, such as oranges, lemons, grapefruits, and limes



Reading

13 Colds are very common. Most people have about three colds a year. Children
29 may have more. Colds are caused by cold germs. Germs are very tiny. They are so
35 tiny that you cannot see them.

35 When people with colds sneeze or cough, they spread cold germs. Many
47 people cough and sneeze into their hands. Those cold germs stay in the hands. The
62 cold germs are then passed to everything and everyone people touch.

73 How can you keep from getting a cold? Wash your hands! Colds are often
87 spread through hand-to-mouth contact. Hand washing can help you from getting or
101 giving cold germs.

104 Being well-rested will help you stay healthy. Sleep is very important. Most
117 doctors suggest seven to eight hours of sleep a night.

127 Exercising and eating healthy foods will also keep colds away. Walk at least
140 30 minutes a day and eat your fruits and vegetables!

150 Many who take Vitamin C say they don't get as many colds. Oranges,
163 grapefruits and other citrus fruits have a lot of Vitamin C. Vitamin C is also found in
170 vitamin **tablets**.

172

Understanding

1. How can you keep from spreading a cold? _____

2. What does the word **tablet** mean in this reading?
 - a. A pad of paper bound together at one edge.
 - b. A flat piece of stone or metal with words or pictures on the surface.
 - c. A small, flat piece of medicine; pill.
3. How can you keep from getting a cold? _____

4. What causes a cold? _____
5. Why is hand-washing important? _____

Writing

Choice A: How often do you (or your family members) get colds? What happens when you get a cold? How do you feel? How do you get better?

Choice B: In your own words, write about the common cold.
