

Bonk, the Healthy Monster

A Reading A-Z Level J Leveled Book
Word Count: 289

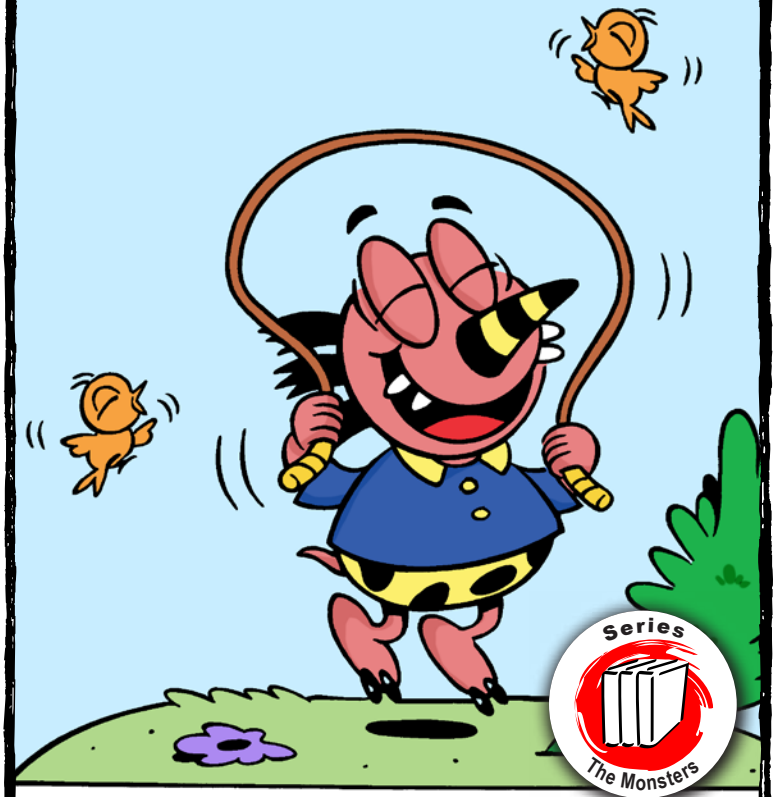


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LEVELED BOOK • J

Bonk, the Healthy Monster



Written by Maribeth Boelts
Illustrated by Nora Voutas

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Author Note

Maribeth Boelts is the author of over twenty books for young readers, including the "Little Bunny" series (*Dry Days*, *Wet Nights*; *Little Bunny's Pacifier Plan*); *Lullaby Lullabook*; *Big Daddy*; *Frog Wrestler*; and *The Firefighters' Thanksgiving*.



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A Monsters Story
Level J Leveled Book
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Correlation

LEVEL J	
Fountas & Pinnell	J
Reading Recovery	17
DRA	18



A candy store has just opened.
Bonk has been waiting.
He runs inside with money from his
piggy bank.
“Wow!” he says.



“There’s cotton candy!” Bonk says.
He sees chocolate eggs and
rainbow taffy, too.
Bonk buys and eats the candy.



The next day, Bonk goes to the candy store.

“There’s root beer!” Bonk says.

He sees bubble gum and jelly beans, too.

Bonk drinks the soda and blows big bubbles.



Day after day, Bonk eats junk food.
His piggy bank gets lighter and lighter.

But Bonk does not.



The candy store owner gives Bonk a balloon.

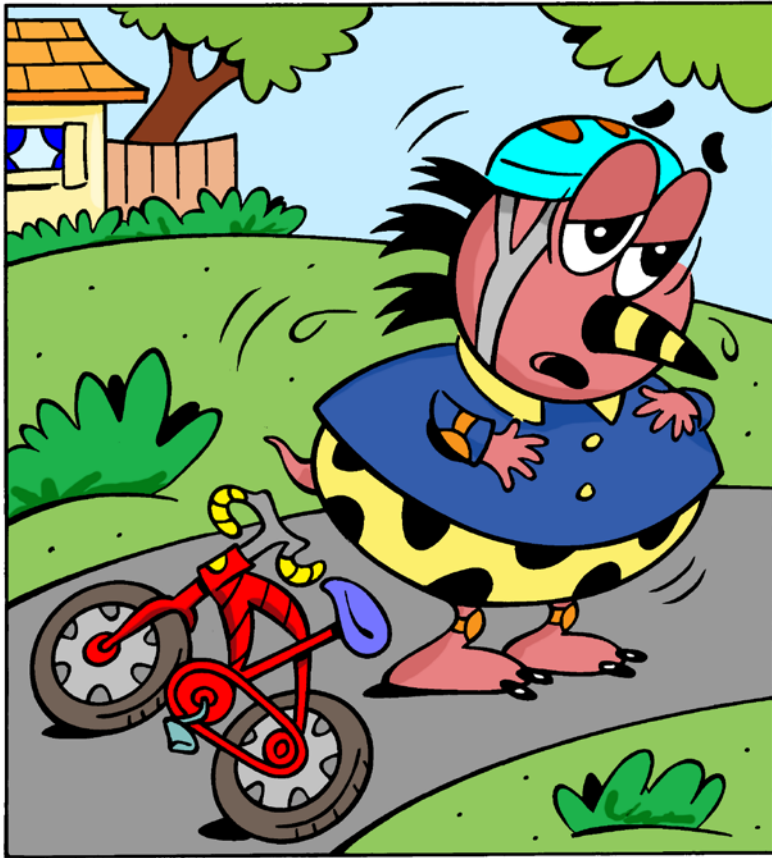
“You are my number one **customer**,” says the owner.



Later, Bonk visits the **dentist**.

The dentist looks at Bonk's teeth.

“Candy and soda are not healthy for you or your teeth,” he says.



The weeks pass by with more trips to the candy store.

Soon, Bonk can't ride his bike as fast as he did before.

Jumping rope is hard work, too.

Sometimes, Bonk's tummy hurts.



"What should I do?" Bonk asks Lurk and Uzzle.

"I know," says Lurk.

"Me, too," says Uzzle.



Lurk, Uzzle, and Bonk go for a long walk.

“You need **exercise** to be **healthy**,” says Lurk.



They have a picnic of apples, cheese, and fresh brown bread.

“You need good food to be healthy, too,” says Uzzle.

“But what about rainbow taffy and cotton candy?” Bonk asks.



“You can have a piece or two,”
says Uzzle.

“I can’t have the whole bag?”
asks Bonk.

“No, never have the whole bag,”
says Lurk.



Bonk’s tummy begins to feel better.
Soon, he can race his bike and
jump rope again.



Now, Bonk is not the number one customer at the candy store. But, Bonk is number one at being healthy!

Glossary

- customer** (*n.*) a buyer of a product or service (p. 7)
- dentist** (*n.*) a doctor who treats problems with teeth and gums (p. 8)
- exercise** (*n.*) movement that helps keep the body fit and healthy (p. 11)
- healthy** (*adj.*) in good health (p. 11)