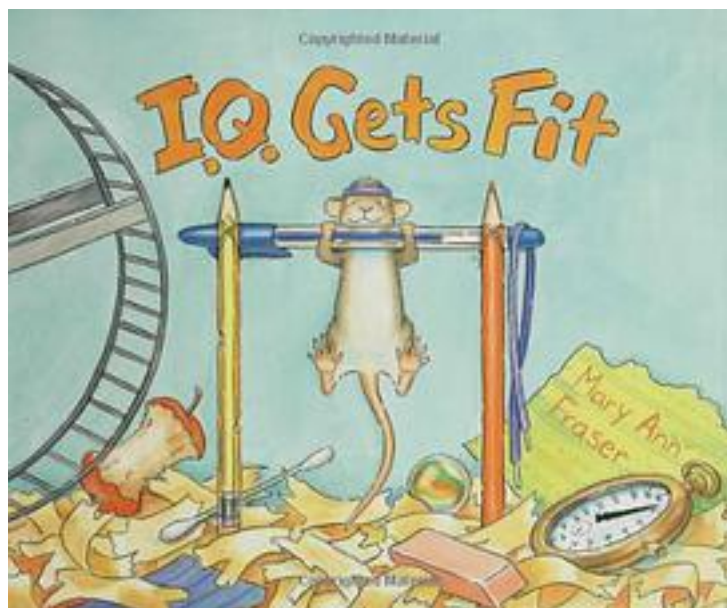


I.Q. Gets Fit



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It's going to be an active month in I.Q.'s classroom--it's Health Month And when the school announces that those who pass the fitness test will get a gold ribbon, I.Q. knows right away that he wants to win one. In class, Mrs. Furber teaches the students all about a balanced diet and the food pyramid, drinking the right amount of water, exercising for fitness, and balancing that activity with good rest. But I.Q. can't run as long or jump as far as the other students, and he's worried that he won't win a ribbon. Will I.Q.'s hard work pay off as he goes for the gold?

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目录:

[I.Q. Gets Fit 下载链接1](#)

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