

### Say It! Trace It! Write It!

Learn it, practice it, spell it, and pronounce it.

**Instructions:** Say the word, trace it, then write it on your own.

### Example Sentence

Certain vitamins are **antioxidants** and may protect body cells from free radicals.

**SAY IT!**

**antioxidants**

**TRACE IT!**

**antioxidants**

**WRITE IT!**

**antioxidants**

antioxidants

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