

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

A lack of protein is a sure way to destroy muscle and promote **catabolism**.

SAY IT!
catabolism

TRACE IT!
catabolism

WRITE IT!
catabolism

catabolism

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