

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Phonics Worksheet

Circle the word that have  'ab' sound.

tab	tag	yam	lag	slab
bag	pan	cab	map	can
fan	lab	jam	jab	dab

Circle the word that have  'an' sound.

rag	jam	tap	sad	fan
ram	pan	can	bag	rap
man	van	bar	car	mat

Circle the word that have  'at' sound.

hat	bag	war	rat	pad
jar	yam	cat	pan	lag
fat	mat	nap	can	nap

# Primer Phonics Practice Guide

**A Loxley**



## **Primer Phonics Practice Guide:**

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and minerals while they should be used along with a proper diet some of these best supplements for runners can help improve performance carbohydrates without a doubt carbs are the best source of energy for athletes

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web oct 29 2021 a runner s diet plan typically includes a balance of the three macronutrients carbohydrates proteins and fats by focusing on eating plenty of fruits and vegetables people will typically

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web jan 24 2022 daily this runner consumes carbohydrates 35 of total daily fuel these carbohydrates are a mix that includes run of the mill carbs such as bread and oatmeal dairy such as yogurt and milk and fruit such as berries and bananas protein 35 of total daily fuel healthy fats 15 of total daily fuel