

Ms. Bayer's

Week of March 30th packet directions

Reading: Read Healthy Eating, Healthy Planet. This can be used for the week to then complete the accompanying questions and vocabulary. The following is the order of questions. *Each can be a day of work.*

1. Reading questions
2. Impact vocab work
3. Benefit vocab work
4. Resource vocab work

Writing: Keep a diary of what you eat each day of Monday - Thursday. Make a T chart labeled healthy and unhealthy. Write at least one paragraph describing your eating habits for those days and what you can do to either keep doing the healthy eating habits, what you can do to improve, or what other healthy options you would like to do. This paragraph should be at least 10 sentences long.

Math: Each day, complete a worksheet. The following is the order of the assignments. *1 per day*

1. Determine Rectilinear Area
 2. Determine Rectilinear Perimeter
 3. Finding Volume with Unit Cubes
 4. Finding Volume of Rectangular Prisms
 5. Finding Volume
- } 1st worksheet, two days.*

For anyone who would like to complete the work and return it to me online for this week, you can create a word document for each subject (so you would end up with three), label the question sets and put them in order presented so they can be graded correctly, and then email them back to me by midnight on Friday, April 3rd. *put down answers only!*

Option 2: Print out pages, complete, and return packet to school according to schedule set by Mr. Sims.

For writing, include the diary, T chart, and paragraph.

Any questions, please email me through Jupiter Ed or at suzanne.bayer@brightfuturesacademy.com.

Healthy Eating, Healthy Planet

by ReadWorks



BEING HUMAN

Humans are unlike any other animal on Earth. Our unique brains and bodies allow us to use the world's resources in ways no other animal can. No other animal can claim it's been to the bottom of the deepest ocean, to the top of the tallest mountain, *and* even up and out of Earth to the moon. On a simpler level, do you know of any animal that can build a two-story, single-family brick home with an attached garage?

Or just make one of the toilets in the house?

While exercising our profound abilities (like making toilet bowls), we have fundamentally changed our planet and, in many ways, we've made it *our* planet. We've cut down entire

forests to construct towns and cities. We've replaced the trees and plants with buildings, and paved over the forest floor with roads. These activities help us live, but they also create pollution that affects the air we breathe and the water we drink.

EATING FOR A HEALTHIER PLANET

Luckily, we can reduce the impact our activities have on the planet. One such activity is growing food. Think of all the land, equipment and work that go into a potato farm, an apple orchard or a cattle operation. By eating the right foods grown in the right way, we can limit the effects our farms and ranches have on the environment and eat our way to a healthier planet!

EAT LIKE SQUIRRELS

A great way to limit your impact on the planet is to follow other animals' way of eating. Squirrels, for instance, eat nuts found close to their tree house. Elephants eat the trees and bushes that grow around them. Killer whales eat the fish swimming with (and away!) from them. What these animals are doing is eating in-season and locally. We can do the same.

EAT IN-SEASON

Most of our favorite fruits and vegetables don't grow year-round and have their own natural season. Modern farming techniques have changed that, and we can have almost anything any time of the year. But when this produce is grown during its natural off-season, it may not taste the same. If we eat with our foods' natural seasons, we are eating in sync with nature.

EAT LOCALLY

Eating locally means consuming produce that is grown close to your home. It will definitely limit your choices, but it will ultimately lower the impact you and your eating habits have on the environment. An easy way to get local produce is to shop at a nearby farmer's market.

Love to eat grapes? Well, you can eat them in-season and locally...if you moved around the world a lot to follow the seasons! Grapes are a summer fruit so during the winter, many northern American supermarkets buy them from farmers in Chile, which is more than 4,000 miles away!

GROW YOUR OWN

One of the best things you can do to be a lower-impact animal is grow your own food. It may seem like a lot of work but people and communities all over the country grow some or all of their own food. There are many benefits to growing your own food.

One benefit is just learning about where your food comes from. Most produce found in your grocery store has stickers or signs that tell you where it was grown. Let's say you pick up a tomato and learn the tomato was grown hundreds of miles away before getting into your hand. If you grew a tomato in your backyard, school or local community garden, not only would you save a trip to the grocery store, you would save that tomato a long trip, and the planet a lot of resources.

Another benefit of growing your own food is that your food is fresher. It can take weeks for produce to get from the farm to your supermarket. By growing your own food, those weeks become just days, hours or even seconds. Now that's fresh!

COMMUNITY

When you buy food that is grown locally, you're also supporting your own community. The money you spend goes toward your neighbors' jobs and businesses and keeps your community strong and unique.

HEALTHY EATING, HEALTHY PLANET

Although human activities alter the planet, there are many things we can do to limit our impact. The impact of growing and raising our food on the planet is high but by eating locally, in-season, and even growing our own food, we can make the planet a better place while eating great food!

benefit **ben** · **e** · **fit****Definition****noun**

1. anything that does someone good or gives an advantage.

I'm sure you will get a lot of benefit from your education.

verb

1. to gain something good.

My son benefited from the counselor's advice.

Advanced Definition**noun**

1. anything that provides an advantage or produces a positive result.

Exercise provides many benefits for your health.

Cleaner air is a benefit of living in the country.

2. an object, service, or sum of money that enhances well-being; aid.

Our company provides benefits such as health insurance and paid vacations.

3. a social event to raise money for a specific cause or person.

We're having a benefit to raise money for the children's hospital.

transitive verb

1. to cause positive results for; be helpful to.

The new public swimming pool will benefit the entire community.

A healthy diet would benefit you greatly.

I hope this advice benefits you in some way.

intransitive verb

1. to gain or derive favorable results (usu. fol. by from).

You will certainly benefit from getting a college education.

I benefited a good deal from the experience of living abroad.

Spanish cognate

beneficio: The Spanish word *beneficio* means benefit.

These are some examples of how the word or forms of the word are used:

1. Many scientific studies have shown that dogs, cats, rabbits, gerbils, snakes, lizards, fish, ferrets, and birds, among other pets, help relieve stress. They bring many other health (and happiness) **benefits** too.
2. Studies on apples are still being done. We already know a lot about their **benefits**. In the future, we'll know even more, including how to combine them with other foods for the maximum nutritional wallop. Until then, eat as much of this healthy grab-and-go food as you can!
3. Well ... that depends. To make sure you're getting the full **benefits** of juice, you have to act like a detective. You need to ask the right questions and understand how to read labels. Read on to learn more than you ever thought there was to know about your favorite beverage!
4. Nowadays, almost every kind of cancer seems to have its own public awareness campaign urging people to get tested- even if they have no sign of disease. Catching cancer early saves lives, the campaigns tell us. So here's a surprise: Those warnings might not be true. The **benefits** of early cancer screening are being oversold, say critics.
5. Freddie Fu agrees. Fu is head of the department of orthopedic surgery at the University of Pittsburgh School of Medicine. "Bone marrow is a good source of stem cells, but I don't think there is any definitive evidence to show that stem cells will **benefit** a condition like [Colón's]," Fu says.
6. That ancestor was probably a creature similar to today's nurse shark, a 135-kilogram (300-pound) species that often rests on the seabed and feeds on fish and other marine animals there. Hueter guesses that the whale shark's ancestor originally ate fish eggs but eventually took advantage of the nutritional **benefits** of zooplankton in the open sea.
7. The research on improving cows' digestion might have other **benefits** too. Jess Miner, an animal nutritionist at the University of Nebraska, says it could help the animals get more energy from their food. That would mean cows wouldn't have to eat as much. "We could produce more cows with the same amount of feed," Miner told WR News. "Agriculture will be made more efficient."

impact

im · pact

Definition

noun

1. the coming together of objects with great force.

The impact of the bus against the tree cracked the windshield.

2. a strong and powerful effect.

The senator's speech on gun control had a great impact on voters.

Advanced Definition

noun

1. a forceful coming together of two objects or bodies.

The impact of the crash was strong enough to shake the building.

2. effect or influence.

His stirring speech had a great impact on the audience.

My professor's impact on my thinking was deep and lasting.

transitive verb

1. to force or press closely into something.

Here is where the meteorite impacted the earth.

2. to affect directly.

The scientists are studying how the dam has impacted the ecosystem of the river.

The tragedy has impacted all our lives.

Spanish cognate

impacto: The Spanish word *impacto* means impact.

These are some examples of how the word or forms of the word are used:

1. At 20,000 feet, of course, the amount of kinetic energy generated by a falling skydiver poses a risk to his life. A parachute, which slows the skydivers fall by creating air resistance, is required to reduce the kinetic energy the skydiver generates as he falls. Consequently, once the parachute has opened, the skydiver makes a gentle **impact** with the ground when he lands.
2. Some drugs are grown or manufactured in the United States. But just because they're not connected to terrorism or trafficking doesn't mean they don't have a harmful **impact** on society. Drug users are more likely to commit crimes such as theft or assault. And drug-related gang rivalries contribute to violence in cities across the country.
3. An athlete should never return to a sport before a concussion has fully healed, says Mihalik. The process takes at least a week, often longer. If a second head injury occurs before the first one has healed, a condition called second-**impact** syndrome can result. It can have serious, long-lasting consequences: amnesia, loss of mental ability, and even sudden death.
4. However, by carefully planning the locations of renewable energy power plants, their harmful **impact** to the planet can be minimized and their renewable and sustainable benefits maximized.
5. "Livestock's contribution to environmental problems is on a massive scale," U.N. officials wrote in a recent report. "The **impact** is so significant that it needs to be addressed with urgency."
6. Mercury has an unexpectedly small mantle. The mantle is the layer of a rocky planet that exists between the crust and the core. "One theory is that a giant **impact** blew off most of the mantle," says scientist Sarah Stewart.
7. The friend crashed the truck. Although the friend and a third teen walked away, Bollier, now 27, wasn't so lucky. The **impact** not only crushed his jaw, nose, and right eye but also snapped his neck, leaving him paralyzed from the neck down.

resource re source

Definition

noun

1. a source of help or support.

The library is a good resource for information.

2. a source of wealth.

Oil is an important natural resource for some countries.

Advanced Definition

noun

1. a source of aid, support, or other reinforcement.

The library is a good resource for information.

2. (plural) a nation's wealth and assets, both monetary and nonmonetary.

Forests are one of Canada's greatest natural resources.

3. (usually plural) available money, property, or other assets.

My parents did not have the resources to pay for my college education.

4. (often plural) personal talents and capabilities.

She has the resources to succeed in difficult jobs.

These are some examples of how the word or forms of the word are used:

1. Being green means protecting the world and its **resources**.
2. The Civilian Conservation Corps was a group of young men between the ages of 18 and 25 who were responsible for helping to keep safe and cultivate certain natural **resources** across the United States.
3. Henderson now believes Gates's enthusiasm and commitment are powerful enough to overcome the remaining challenges. "It's going to take heroic measures to be able to stop [polio]," he admits. "But they have the motivation, the people, and the **resources**. With enough of a push, they might just make it."
4. Males that sport outsize weapons tend to live in places with limited **resources**, says Emlen.

And those resources are usually in distinct locations that are easy to defend, such as cozy burrows or tasty sap-producing trees.

5. Even if Congo remains the center of the world's coltan operations, there are possibilities for reform there, Carney says. His group's mission is to help end the war and help Congo's people regain control of their nation's **resources**.
6. Recycling also helps protect natural **resources**, or materials from Earth. To make an aluminum can from scratch, for example, the metal needs to be mined from the ground. That process harms the land and pollutes the air and water.

Name: _____ Date: _____

1. Why are humans unlike other animals?

- A. because we only eat in-season and local food
- B. because we do not use the earth's resources as much as other animals
- C. because we can use the earth's resources in ways other animals cannot
- D. because we do not have to grow our own food

2. The author tries to persuade the reader of what?

- A. Eating locally and in-season is good for the planet.
- B. Eating locally and in-season is dangerous for the planet.
- C. Humans are the most resourceful animal on earth.
- D. Humans should mimic killer whales and only eat fish.

3. We are able to eat many foods year-round thanks to modern farming techniques.

What evidence supports this conclusion?

- A. When produce is grown during its natural off-season, it may not taste the same.
- B. If we eat with our foods' natural seasons, we are eating in sync with nature.
- C. Most fruits and vegetables don't grow year-round and have their own natural season.
- D. Many fruits and vegetables can be made to grow during their natural off-season.

4. . Read the following sentence: "Grapes are a summer fruit so during the winter, many northern American supermarkets buy them from farmers in Chile, which is more than 4,000 miles away!"

Based on this evidence, what conclusion can be made about grapes that are bought in the winter?

- A. American supermarket owners must travel to Chile to buy the grapes in the winter.
- B. The grapes bought in the winter must be shipped from Chile to America.
- C. The grapes bought in the winter are less expensive than the grapes bought in the summer.
- D. The grapes bought in the winter taste better than the grapes bought in the summer.

5. What is this passage mostly about?

- A. how humans can help the planet by growing food in big, industrial farms
- B. the importance of shopping at your local farmer's market
- C. how we can help the planet by growing our own food and eating locally and in-season
- D. the ways in which humans are hurting the earth with their farming practices

6. Read the following sentences: "We've replaced the trees and plants with buildings, and paved over the forest floor with roads. These activities help us live, but they also create pollution that affects the air we breathe and the water we drink. Luckily, we can reduce the **impact** our activities have on the planet."

What does "**impact**" mean as used in the passage?

- A. an effect
- B. a type of food
- C. a cause
- D. a natural resource

7. Choose the answer that best completes the sentence below.

Humans alter the planet more than any other animal; _____, we should do our best to lessen our impact and keep the planet healthy.

- A. especially
- B. finally
- C. on the other hand
- D. therefore

8. What does "eating locally" mean? Give an example of one way to eat locally.

9. What are the benefits of growing your own food? List two benefits from the passage.

10. What might happen to us, our communities, and the planet if we did not eat locally or in-season? Support your answer with details from the passage.

Name: _____ Date: _____

1. What is a meaning of the word **impact**?

- A. the greatest possible degree of something
- B. bedding that keeps a person warm in bed
- C. the striking of one body against another

2. What is another meaning of the word **impact**?

- A. a forceful consequence
- B. a political statement
- C. a hardship or trouble

Please use each answer choice only once. Choose the one word that best completes the sentence.

3. But energy also makes an _____ on the local environment.

- A. impactful
- B. impacting
- C. impact

4. The sound of fists _____ with flesh.

- A. impactful
- B. impacting
- C. impact

5. Any move I made could be so _____ it would change the whole course of my life.

- A. impactful
- B. impacting
- C. impact

6. Please write your own sentence using the word **impact**.

7. What would you like to remember about the meaning of the word **impact** so that you can use it when you write or speak?

Name: _____ Date: _____

1. What is a meaning of the word **benefit**?

- A. a sudden serious weakening of the body or mind
- B. an advantage, help, sake or aid from something
- C. the act or method of controlling or directing

2. What is another meaning of the word **benefit**?

- A. an implement consisting of a length of wood
- B. something that aids or promotes well-being
- C. the highness or lowness of a musical tone

Please use each answer choice only once. Choose the one word that best completes the sentence.

3. Here are some other _____ you will receive from a job.

- A. benefited
- B. beneficial
- C. benefactor
- D. benefit
- E. benefits

4. One _____ of solar and wind energy is that they are renewable.

- A. benefited
- B. beneficial
- C. benefactor
- D. benefit
- E. benefits

5. Frogs and toads are _____ because they eat insects, many of which destroy crops.

- A. benefited
- B. beneficial
- C. benefactor
- D. benefit
- E. benefits

6. People all over the world _____ by being able to talk to each other when they were in separate places.

- A. benefited
- B. beneficial
- C. benefactor
- D. benefit
- E. benefits

7. But an anonymous _____ arranges for the child to be treated.

- A. benefited
- B. beneficial
- C. benefactor
- D. benefit
- E. benefits

8. Please write your own sentence using the word **benefit**.

9. What would you like to remember about the meaning of the word **benefit** so that you can use it when you write or speak?

Name: _____ Date: _____

1. What is a meaning of the word **resource**?
 - A. a stock or supply of something
 - B. a subdivision of a written work
 - C. money collected under a tariff

2. What is another meaning of the word **resource**?
 - A. a kind of conference for a specific purpose
 - B. something reduced to particles that explode
 - C. a person's capacity to deal with difficulty

Please use each answer choice only once. Choose the one word that best completes the sentence.

3. Water is a natural _____, too.
 - A. resource
 - B. sources
 - C. resourceful
 - D. outsource
 - E. resources
 - F. source
 - G. resourcefulness

4. We notice light from many _____.
 - A. resource
 - B. sources
 - C. resourceful
 - D. outsource
 - E. resources
 - F. source
 - G. resourcefulness

5. In addition to the resources of coal and oil, we have our own _____ to consider.
- A. resource
 - B. sources
 - C. resourceful
 - D. outsource
 - E. resources
 - F. source
 - G. resourcefulness
6. A place where light comes from is called a light _____.
- A. resource
 - B. sources
 - C. resourceful
 - D. outsource
 - E. resources
 - F. source
 - G. resourcefulness
7. "They decided to " _____ " the design and manufacture of the system to a vendor."
- A. resource
 - B. sources
 - C. resourceful
 - D. outsource
 - E. resources
 - F. source
 - G. resourcefulness

8. A daring and _____ young woman.

- A. resource
- B. sources
- C. resourceful
- D. outsource
- E. resources
- F. source
- G. resourcefulness

9. Air and land are both natural _____.

- A. resource
- B. sources
- C. resourceful
- D. outsource
- E. resources
- F. source
- G. resourcefulness

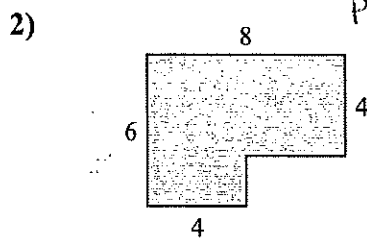
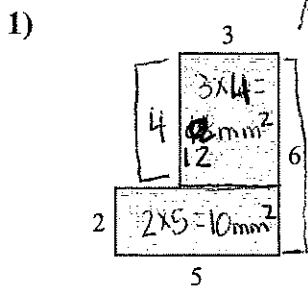
10. Please write your own sentence using the word **resource**.

11. What would you like to remember about the meaning of the word **resource** so that you can use it when you write or speak?



Find the total area of each shape. Measurement is in millimeters (mm). Not to scale.

Answers



$P = \text{Sum of all sides}$

1. $A = 22 \text{ mm}^2$ $P = 20$

2. _____

3. _____

4. _____

5. _____

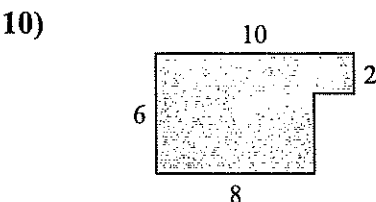
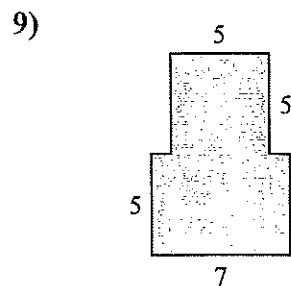
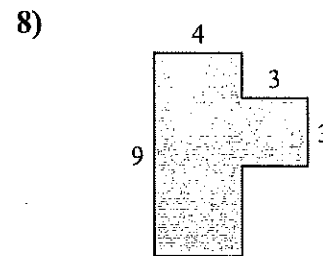
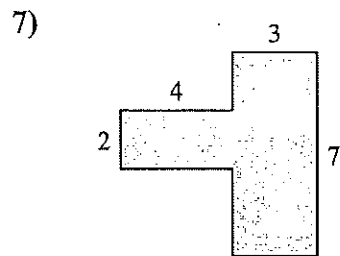
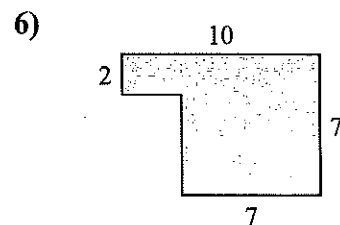
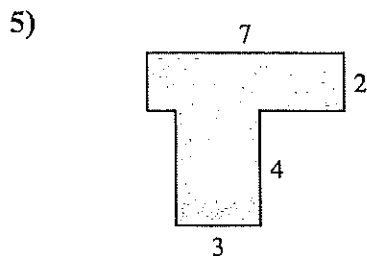
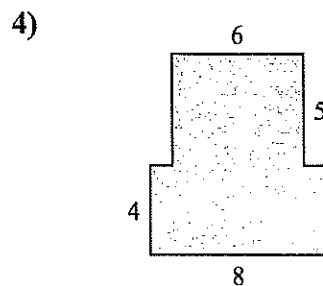
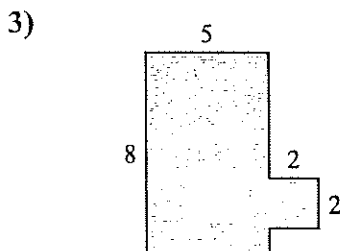
6. _____

7. _____

8. _____

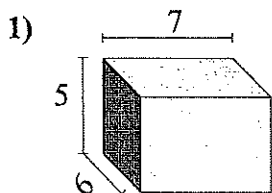
9. _____

10. _____

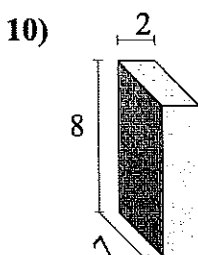
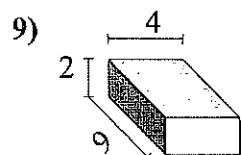
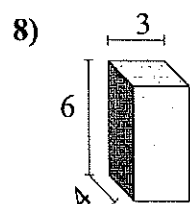
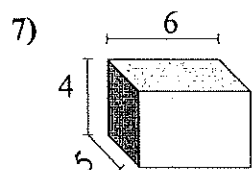
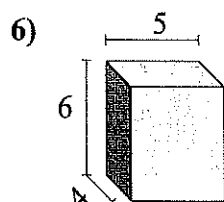
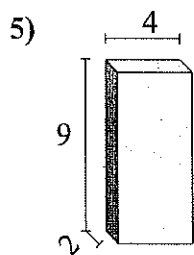
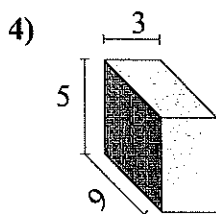
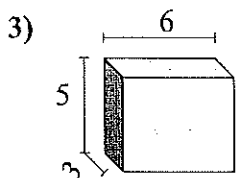
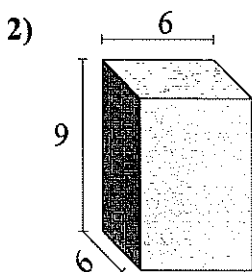




Find the volume of each of the rectangular prisms. Measured in cm (not to scale).



$V = L \times W \times H$
 $V = 6 \times 7 \times 5 = 210 \text{ cm}^3$

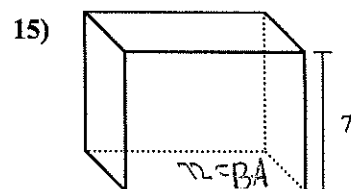
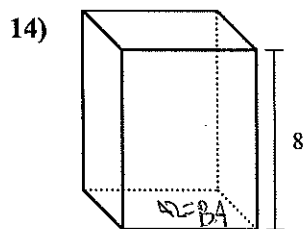
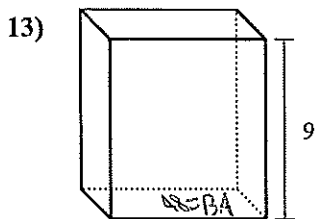
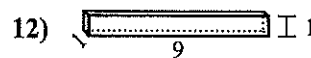
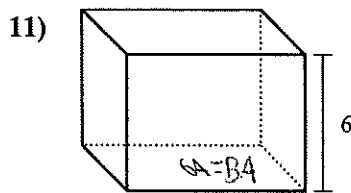
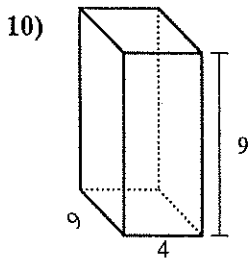
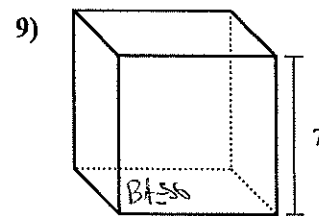
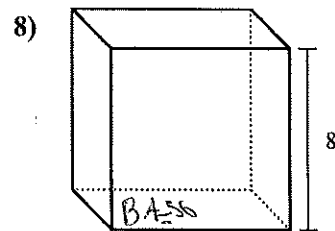
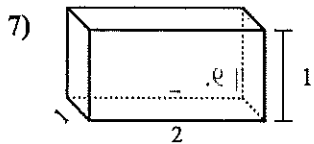
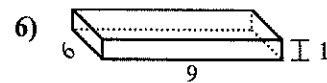
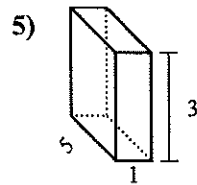
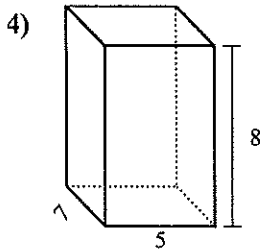
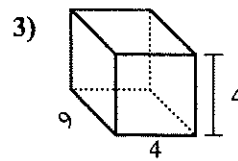
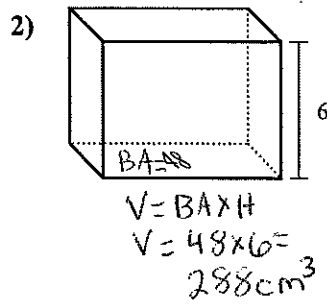
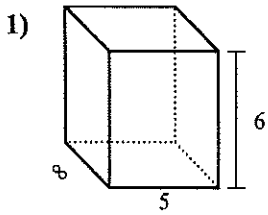


Answers

1. 210cm³
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Find the volume of each rectangular prism. Remember $V = \text{Base Area} \times H$ and $V = L \times W \times H$. In cm

Answers



1. _____
2. 288cm³
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____