3rd Grade Distance Learning Week 4

Use this calendar to help keep yourself organized during our days of off-site learning. Each day, follow the schedule. Check off each item as you do it. Digital learning assignments can be completed on Classkick while hard copies are available as well.

	Day 1	Day 2	Day 3	Day 4	Day 5
Reading	 Read 20 minutes Complete Reading Log handwritten or digitally using Classkick. Read and review "Nonfiction Text Features" posters Read "The Power of Reading" passage and answer questions digitally on Classkick or by hand. 	 Read 20 minutes Complete Reading Log handwritten or digitally using Classkick. Read and review "Nonfiction Text Features" posters- as needed. Read "Arbor Day" passage and answer questions digitally on Classkick or by hand. 	 Read 20 minutes Complete Reading Log handwritten or digitally using Classkick. Read and review "Nonfiction Text Features" posters- as needed. Read "Bottlenose Dolphins" passage and answer questions digitally on Classkick or by hand. 	 Read 20 minutes Complete Reading Log handwritten or digitally using Classkick. Read and review "Nonfiction Text Features" posters- as needed. Read "How to Read a Nutrition Label" and answer questions digitally on Classkick or by hand. 	 Read 20 minutes Complete Reading Log handwritten or digitally using Classkick.
Writing	Paragraph of the Week: MONDAY Handwritten on hard copy or digitally in Classkick.	Paragraph of the Week: TUESDAY Han dwritten on hard copy or digitally in Classkick.	Paragraph of the Week: WEDNESDAYH andwritten on hard copy or digitally in Classkick.	Paragraph of the Week: THURSDAY H andwritten on hard copy or digitally in Classkick.	
Math	 My Math Lesson Unit 3 Lesson 5 or Khan Academy assignments on subtraction Use flashcards or Quizlet to study 0-9s. Complete 0-9s TEST by Friday handwritten or digitally using Classkick 	 Continued My Math Lesson Unit 3 Lesson 5 or Khan Academy assignments on subtraction Use flashcards or Quizlet to study 0-9s. Complete 0-9s TEST by Friday handwritten or digitally using Classkick 	 My Math Lesson Unit 3 Lesson 6 or Khan Academy assignment on subtraction Use flashcards or Quizlet to study 0-9s. Complete 0-9s TEST by Friday handwritten or digitally using Classkick 	 Continued My Math Lesson Unit 3 Lesson 6 or Khan Academy assignments on subtraction Use flashcards or Quizlet to study 0-9s. Complete 0-9s TEST by Friday handwritten or digitally using Classkick 	 Use flashcards or Quizlet to study 6s or 7s Spiral Math Review Multiplication 0- 9s TEST REVIEW due today
Optional	 Visit multiplication.com and test yourself on a challenging set of facts. Work on a puzzle at home or some brain teasers. 	 Call a friend, cousin, or classmate. Check in to see how they are doing and what they've been up to! Make a list of 10 things you are thankful for. Share it with your teacher. 	 Play some fun music. Dance party! Read an informational book on any topic of choice on GetEpic! 	 Play Tic-Tac-Toe with a family member of choice. Recreate a scene from a book you are reading by using puppets or drawing a picture. 	Make a collage in powerpoint that tells us who and what you love! Share it with your teacher!

3rd Grade Packet Instructions

May 11th – May15th

Parents,

This packet is paced for students to be working 1 ½ to 2 hours each day in accordance to district and state guidelines. However, it is just a suggestion. The work can be done at the student's own pace within the week.

If your student need assistance with this work, please refer to your teacher's office hours for a quick response time. Other times of the day we will do our best to back to you in a timely manner. We understand that these are unprecedented times and appreciate your patience. Stay safe and healthy.

Your Teachers, Mrs. Cody, Ms. Rieman and Mr. Thomas

Monday

Reading

Complete 20 minutes of independent reading - Reading may be a picture book or a chapter book that you read over multiple days. <u>www.getepic.com</u> is another way to find 1000's of books to choose from.

Write a reflection on the Reading Log in the packet for your 20 minutes of reading.

• you are **required** to do three total reflections on the form for the week, although you may choose to do all five.

Read the Text Feature posters included in the path packet. Make sure you understand what each feature is. We will be working on this skill throughout the week. Read the passage sheet titled "The Power of Reading". Answer the questions on the next page about the text features. Underline or highlight your evidence with the crayon color next to the question.

Math

Unit 3 Lesson 5 – Pages 159 – 164

Read and review the **Math in My World** and **Guided Practice** sections (you may complete, but this is optional). Complete the **Homework Page-** pages 163 - 164. This is the only "must do" math page to turn in for this lesson. **Independent Practice** and **Problem Solving** sections are optional. However, they are highly recommended for extra practice and understanding. You will have two days to complete the assignment.

Practice Multiplication 0s-9s for 10 minutes using the multiplication chart provided in the packet, flashcards, Multiplication.com, or Mrs. Cody's Quizlet web page.

<u>Complete Multiplication Test 0-9s by FRIDAY.</u> Please use the multiplication chart as needed and to ensure you complete accurately. You may choose to do some of this each day or

complete the whole thing at once. As long as it's turned in by Friday, it's up to you how much you do each day!

Writing

PARAGRAPH OF THE WEEK – we will be completing a paragraph each week. Follow the daily graphic organizers found in the packet.

Tuesday

Reading

Complete 20 minutes of independent reading - Reading may be a picture book or a chapter book that you read over multiple days. <u>www.getepic.com</u> is another way to find 1000's of books to choose from.

Write a reflection on the Reading Log in the packet for your 20 minutes of reading.

Read the Text Feature posters included in the path packet. Make sure you understand what each feature is. Read the passage sheet titled "Arbor Day". Answer the questions on the next page about the text features. Underline or highlight your evidence with the crayon color next to the question.

Math

Continue Unit 3 Lesson 5 - Pages 159 - 164

Practice Multiplication 0s-9s for 10 minutes using the multiplication chart provided in the packet, flashcards, Multiplication.com, or Mrs. Cody's Quizlet web page.

Writing

PARAGRAPH OF THE WEEK – we will be completing a paragraph each week. Follow the daily graphic organizers found in the packet.

Wednesday

Reading

Complete 20 minutes of independent reading - Reading may be a picture book or a chapter book that you read over multiple days. <u>www.getepic.com</u> is another way to find 1000's of books to choose from.

Write a reflection on the Reading Log in the packet for your 20 minutes of reading.

Read the Text Feature posters included in the path packet. Make sure you understand what each feature is. Read the passage sheet titled "Bottlenose Dolphins". Answer the questions on the next page about the text features. Underline or highlight your evidence with the crayon color next to the question.

Math

Unit 3 Lesson 6 – Pages 165 – 170

Read and review the **Math in My World** and **Guided Practice** sections (you may complete, but this is optional). Complete the **Homework Page-** pages 169 - 170. This is the only "must do" math page to turn in for this lesson. **Independent Practice** and **Problem Solving** sections are optional. However, they are highly recommended for extra practice and understanding. You will have two days to complete the assignment.

Practice Multiplication 0s-9s for 10 minutes using the multiplication chart provided in the packet, flashcards, Multiplication.com, or Mrs. Cody's Quizlet web page.

Writing

PARAGRAPH OF THE WEEK – we will be completing a paragraph each week. Follow the daily graphic organizers found in the packet.

Thursday

Reading

Complete 20 minutes of independent reading - Reading may be a picture book or a chapter book that you read over multiple days. <u>www.getepic.com</u> is another way to find 1000's of books to choose from.

Write a reflection on the Reading Log in the packet for your 20 minutes of reading.

Read the Text Feature posters included in the path packet. Make sure you understand what each feature is. Read the passage sheet titled "How to Read a Nutrition Label". Answer the questions on the next page about the text features. Underline or highlight your evidence with the crayon color next to the question.

Math

Continue Unit 3 Lesson 6 – Pages 165 – 170

Practice Multiplication 0s-9s for 10 minutes using the multiplication chart provided in the packet, flashcards, Multiplication.com, or Mrs. Cody's Quizlet web page.

Writing

PARAGRAPH OF THE WEEK – we will be completing a paragraph each week. Follow the daily graphic organizers found in the packet.

Friday

Reading

Complete 20 minutes of independent reading - Reading may be a picture book or a chapter book that you read over multiple days. <u>www.getepic.com</u> is another way to find 1000's of books to choose from.

Write a reflection on the Reading Log in the packet for your 20 minutes of reading.

Math

Turn in complete Multiplication Test 0-9s REVIEW today!

Complete the Spiral review in this packet.

Name : Teacher :		Score : Date :	
	5 Minute Drill		
9 8 <u>x 6</u> <u>x 1</u>	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	$\frac{5}{x \ 8} \ \frac{4}{x \ 5}$	$\begin{array}{ccc} 1 & 3\\ x & 8 & x & 1 \end{array}$
$\frac{2}{x \ 3} \frac{6}{x \ 5}$	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	$\begin{array}{ccc} 0 & 1 \\ x & 9 & x & 5 \end{array}$	$\frac{\begin{array}{ccc} 0 & 2 \\ x & 3 & x & 8 \end{array}}{\begin{array}{c} \end{array}}$
$\begin{array}{ccc} 0 & 9\\ x & 4 & x & 7 \end{array}$	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	$\begin{array}{ccc} 4 & 9\\ x & 0 & x & 6 \end{array}$	$\begin{array}{ccc} 8 & 3\\ x & 1 & x & 3 \end{array}$
$\begin{array}{ccc} 8 & 0 \\ x & 1 & x & 5 \end{array}$	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	$\begin{array}{ccc} 0 & 1 \\ x & 1 & x & 9 \end{array}$	$\frac{6}{x \ 0} \frac{7}{x \ 3}$
$\frac{\begin{array}{ccc} 0 & 8 \\ x & 8 & x & 9 \end{array}}{\begin{array}{c} \end{array}}$	$\frac{2}{x 7} \frac{2}{x 5} \frac{2}{x 7} \frac{0}{x 8}$	$\begin{array}{ccc} 4 & 5 \\ x & 2 & x & 6 \end{array}$	$\frac{9}{x 7} \frac{3}{x 3}$
$\frac{8}{x \ 8} \frac{8}{x \ 0}$	$\frac{1}{x \ 5} \ \frac{4}{x \ 0} \ \frac{0}{x \ 2} \ \frac{0}{x \ 5}$	$\frac{3}{x 7} \frac{4}{x 6}$	$\frac{5}{x \ 0} \frac{3}{x \ 0}$
5 3 <u>x 9</u> <u>x 7</u>	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	$\begin{array}{ccc} 1 & 0 \\ x & 1 & x & 1 \end{array}$	$\begin{array}{ccc} 0 & 5\\ x & 3 & x & 9 \end{array}$
4 9 <u>x 8</u> <u>x 9</u>	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	$\begin{array}{ccc} 4 & 2 \\ x & 6 & x & 5 \end{array}$	$\begin{array}{ccc} 1 & 3\\ x & 3 & x & 5 \end{array}$
$\begin{array}{ccc} 4 & 7 \\ x & 8 & x & 6 \end{array}$	$\frac{\begin{array}{ccccccccccccccccccccccccccccccccccc$	$\frac{5}{x 2} \frac{2}{x 6}$	$\frac{6}{x 5} \frac{3}{x 5}$
$\begin{array}{ccc} 3 & 9 \\ x & 4 & x & 0 \end{array}$	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	$\begin{array}{ccc} 5 & 7\\ x & 0 & x & 9 \end{array}$	$\begin{array}{ccc} 8 & 7\\ x & 0 & x & 1 \end{array}$





	on Text F Images	
Text Feature	Example	Purpose
Label	(yephere) (Lde (counterweight) (primary (nitrar)	-Tells what a part of an image is
Close-up		-Shows what a piece of an image looks like up close
Cutaway		-Shows what something looks like on the inside
Diagram	SOLID ROCKET BOOSTERS	-Many labels that show the parts of an image



Nonfiction Images

460L

Date: _

The Power of Reading

Name:

Reading is powerful. There are many benefits to reading every day. Reading improves language. Readers have a larger vocabulary than non readers. Reading increases comprehension. It improves concentration. Reading helps memory. Readers communicate better. Children develop skills when parents read aloud. Reading prepares children for school. Readers tend to do well in all subjects. Children who read make more money when they grow up. For all of these benefits, read 20 minutes each day!

Minutes Spent Reading Each Day	Minutes Read in a School Year	* of Words Read Each Year	School Days Read by the End of 6 th Grade
20 minutes	3,600	1,800,000	60 days
5 minutes	900	282,000	12 days
l minute	180	8,000	3 days





Children read 2,151 books in 30 days in the Wild About Reading Read-A-Thon

eih	you.
ima	ge that helped me:
2. W	hy is it important for children to read every day? (Choose all that apply.) <
3.	Reading improves memory.
л. Э.	Reading improves vocabulary.
2.	Reading increases comprehension.
<u>.</u>	Reading prepares children for school.
	nich statement could you conclude based on the chart?
3.	If you read 20 minutes every day, you will read 900 minutes in a school year.
Э.	If you skip your reading for a few days a week, it won't affect your total reading time.
С.	Increasing your reading time each day makes a big difference in your total reading time for the year.
d .	There isn't a big difference in the total days you read if you read one minute per day or five minutes per day.
	you read 20 minutes every day, how many total minutes will you have spent reading in a school
year	<pre>green }</pre>
5. Ho	ow many books did children read in the Wild About Reading Read-A-Thon?
<u> </u>	ow many children read for 20 minutes or more per day in Mrs. Smith's class? According to the
	cle, what could you conclude about these students?

Date:



Paragraph of the Week®

Level 1

Over the course of this week, you will be writing a paragraph. You will choose a topic (within the given parameters) and will brainstorm, draft, and write a complete paragraph. Be sure to use all that we have learned in class when writing this paragraph. So let's get started!



Monday





What do you think life would be like if there was no television, YouTube, iPads or other entertainment viewing screens? What would you do with your time? How would people be entertained? Think of alternative forms of entertainment, what you would do with your time, and how the lack of all of these screens would affect everyone over time. Be sure to include every detail you can think of about that topic.

Using the brainstorm you created yesterday, choose 3 of the most intriguing things you think would happen if there were no screens for entertainment. They will become the three details about the topic. Write a sentence for each. Then, write an explanation sentence for each.

Now that you have your details and explanations written, you must write a topic sentence and closing sentence. Remember, your topic sentence must let the reader know what you are going to talk about in your paragraph, without discussing any of the details. Your closing sentence must restate your topic sentence, using synonyms and different words.

It is time to put all of your work together in the form of a paragraph. The topic sentence goes first, followed by the detail/explanation combo sentences. The last sentence is your closing sentence.

Reread it all and make sure it makes sense. It should all be about the same topic, give lots of information, and be written in complete sentences.

Date:

level 1



Paragraph of the Week®

Over the course of this week, you will be writing a paragraph. You will choose a topic (within the given parameters) and will brainstorm, draft, and write a complete paragraph. Be sure to use all that we have learned in class when writing this paragraph. So let's get started!



What do you think life would be like if there was no television, YouTube, iPads or other entertainment viewing screens? What would you do with your time? How would people be entertained? Think of alternative forms of entertainment, what you would do with your time, and how the lack of all of these screens would affect everyone over time. Be sure to include every detail you can think of about that topic.

What would life be like with no screens for entertainment?



Compatible Numbers You can use compatible numbers or rounding to help you estimate solutions to addition or subtraction problems. **Compatible Numbers** Rounding Compatible numbers are Rounding helps you estimate sometimes called friendly numbers to the nearest aroup of numbers. These are numbers that 10. There are specific rules to rounding. are easy to put together. Rules to Rounding: Numbers that Numbers that 4 or less, let it rest end in 0 end in 5 (stay the same) 10, 100, 1000 5, 15, 105 Numbers that **Doubles Facts** 5 or more, add 1 more Make 10 (add 1 to the place 8+8 = 16you are rounding) 1 + 9 = 1020 + 20 = 40**Estimating to Find Solutions**

When you estimate to find a solution you always want to estimate first. The goal is not to estimate the actual answer, but to estimate to help you find a number close to the answer. You can use **Compatible Numbers** or **Rounding** to help you find the solution.

Compatible Numbers	Actual Numbers	Rounding
75	76	80
+ 65	+ 66	+ 70
140	142	150
For this set of numbers, w	hich estimation strategy	worked the best? Why?



Online Content at ConnectED.mcgraw-hill.com

Lesson 5 159





Lesson 5 Subtract Three-Digit Numbers 161



Glenwood Elementary students were asked to vote for their choice of a field trip destination. The table shows the results.

Field Trip Choices		
Field Trip	Votes	
Aquarium	233	
Museum	105	
Lighthouse	269	
Science Center	298	

12. How many more students voted for the lighthouse than for the aquarium? Write a number sentence to solve. Then check with an addition sentence.



=



HÖT Problems

14. PRACTICE Find the Error When Federico subtracted 308 from 785, he got 477. To check his answer, he added 308 and 785. What did he do wrong?

15. Building on the Essential Question Why can you use addition to check your answer to a subtraction problem?



Since, 631 - 444 = 187, Chloe made 187 more jumps.

Practice

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Subtract. Use addition to check your answer.



Subtract. Use addition to check your answer.



Algebra Subtract to find the unknown.

5. 599 − 284 = **6.** 436 − 377 = **7.** 514 − 175 = **.**



Write a number sentence to solve.

- 8. **PRACTICE** Model Math Tanisha bought a pack of 225 sheets of paper for her homework. After a week, she had 198 sheets of paper left. How many sheets of paper did she use?
- **9.** The school library would like to raise \$915 for new books. So far, \$475 has been raised. How much more does the library need to raise to reach its goal?

Test Practice

- **10.** A crate has 272 red and green apples. How many green apples are there?
 - A 149 green apples C 159 green apples
 - B 150 green apples
 D 395 green apples





Paragraph of the Week®

Now that you have the topic of your paragraph, you will write the main body sentences. Be sure that they are all on topic, as this is the "meat and potatoes" of your thoughts.



Using the brainstorm you created yesterday, choose 3 of the most intriguing things you think would happen if there were no screens for entertainment. They will become the three details about the topic. Write a sentence for each. Then, write an explanation sentence for each.

Date:

Level 1

Detail One :

Explanation : _____

Detail Two :

Explanation :

Detail Three :

Explanation :

Nonfiction Images

600L

Date:

Arbor Day

Name:

Arbor Day is a holiday to plant and care for trees. Trees are important. They give us oxygen. Trees also give food and shelter to living things. Arbor Day happens all around the world. The first Arbor Day was in Spain. There was a big festival. It began with planting a tree. Afterwards, there was a large feast.

The first Arbor Day in America was on April 10, 1872. One million trees were planted in Nebraska. Birdsey Northrop spread the tradition of Arbor Day across the world. He brought this holiday to Japan in 1883. Soon after, he spread Arbor Day to Australia, Canada, and Europe.



Arbor Day in Korea



Today, Arbor Day is celebrated in many countries. In Belgium, International Day of Tree Planting is celebrated on March 2l. In Brazil, Arbor Day is on September 2l. School children plant trees and help the environment. In China, March 12 is Arbor Day. Every Chinese citizen is expected to plant 3–5 trees each year.

It is important to remember the importance of trees every day. Celebrate Arbor Day by planting trees in your community.



Non	fiction Images	••••
I. W	hen was the first Arbor Day? How was it celebrated? Use the text and the text features to he	lp
you.	red	
Ima	age that helped me:	
2. W	/hich event belongs in the timeline box under April 10, 1872?	
a.	The first Arbor Day was celebrated in Spain.	
b.	America had its first Arbor Day in Nebraska	
C.	Birdsey Northrop brought Arbor Day to Japan	
d.	Birdsey Northrop brought Arbor Day to Australia, Canada, and Europe	
3. W	/hen was the Arbor Day Foundation formed?	
4. W	hat tree was planted the most in California on Arbor Day in 2011?	
5 4	ow many elm trees were planted in California on Arbor Day in 2011?	
а. 1	2	
a. b.	2 1/2	
D. C.	25	
d.	30	
ч.		
6. A	ccording to the photograph, how do children celebrate Arbor Day in Korea? <	
		_₹
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		Or o
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level 1



Paragraph of the Week®

Topic sentences tell the reader exactly what you will discuss in your paragraph without giving away any of the details. Closing sentences sum up what you have already written. They are the "frame" for your paragraph.



Now that you have your details and explanations written, you must write a topic sentence and closing sentence. Remember, your topic sentence must let the reader know what you are going to talk about in your paragraph, without discussing any of the details. Your closing sentence must restate your topic sentence, using synonyms and different words.

Topic Sentence:

Closing Sentence:

Nonfiction Images

6401

Date: _

Bottlenose Dolphins

Name:

Bottlenose dolphins are the most common members of the dolphin family. The bottlenose dolphin is a favorite marine mammal of many people. They are known for being graceful, friendly, and intelligent.

Bottlenose dolphins are grey. They are usually 2-4 meters long. Bottlenose dolphins weigh between 330-1,430 pounds. Their habitat affects their size. Dolphins that live in warmer waters tend to be smaller. The bottlenose dolphin gets its name from its snout that is shaped like a bottle. They have blowholes on the tops of their heads for breathing.

Bottlenose dolphins eat fish. They often hunt together to catch schools of fish. They are able to find fish by using echolocation. Echolocation is when dolphins release sounds and listen for the return echoes. This helps them know where the fish are located.

Bottlenose dolphins use sound to communicate. They squeak and whistle to each other. They also use body language to communicate. They jump from the water and slap their tails. Bottlenose dolphins are very smart. Their intelligence is close to humans and apes. They are also very emotional animals.

Bottlenose dolphins are fascinating mammals. We still have a lot to learn about these intelligent creatures.





Image that helped		red
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	l me:	
Where do bottleno	se dolphins live?	orange
around Austi	ralia	
around the N	North Pole	
around the S	South Pole	
in oceans all	around the world, except far nort	h and south
. How did the bottle	nose dolphin get its name?	yellow
l. Where is the blow	hole located? What is the purpose of the	e blowhole?
According to the	article and the text features, which body	part does the battlengoe delabin use to
communicate?	a note and the text reation co, which body	
a. eyes		
o. heart		
c. flukes		
d. dorsal fin	ins catch their prey.	
	ins catch their prey.	(purple)

In







Independent Practice

Subtract. Use addition to check your answer.



Check:

Check:

Check:

Algebra Subtract to find the unknown.

5. \$4,875 - \$3,168 = ? **6.** \$6,182 - \$581 = ? **7.** 6,340 - 3,451 = ?

The unknown is _____. The unknown is _____. The unknown is

Algebra Compare. Use >, <, or =.

8. 1,543 - 984 5,193 - 4,893 **9.** 2,116 - 781 5,334 - 3,999



Mathematical Wathematical Wathe

My Work!

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11. Belinda is buying one of two cars. One costs \$8,463 and the other costs \$5,322. How much money would Belinda save if she bought the less expensive car?

\$_____\$____\$____\$___

HÖT Problems

Mathematical Reason A group of students used
 6,423 cans to create a sculpture. Another group made a sculpture using 2,112 cans. What is the difference in the number of cans used for the sculptures? How do you know your answer is correct?

13. Building on the Essential Question Explain how subtracting four-digit numbers is like subtracting three-digit numbers.









Subtract. Use addition to check your answer.



Problem Solving

Write a number sentence to solve.

8. Pittsburg University won the college football championship in 1937. They won again in 1976. How many years were there between championships?

9. PRACTICE Model Math A library has 2,220 books about sports and 1,814 books about animals. How many more sports books are there than animal books?

Test Practice

- **10.** How much less money did Selena's school raise this year at the pancake breakfast?
 - A \$900
 C \$1,905
 - B \$905
 D \$8,145



LAST YEAR \$4,525



THIS YEAR \$3,620

170 Need more practice? Download Extra Practice at ConnectED.mcgraw-hill.com

Date:



Paragraph of the Week®

Level 1

A paragraph talks about one topic, with many sentences all supporting that topic. This is when you will construct that paragraph.



It is time to put all of your work together in the form of a paragraph. The topic sentence goes first, followed by the detail, explanation combo sentences. The last sentence is your closing sentence.

Reread it all and make sure it makes sense. It should all be about the same topic, give lots of information, and be written in complete sentences.

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660L

Date: ___

How to Read a Nutrition Label

Name:

Your health is important. One of the major factors of health is the food you eat. You can make good food choices if you know how to read a nutrition label.

- I. Serving Size: Pay attention to the serving size. The serving size tells you how much food is included in the nutrition facts. If you eat more than one serving, you will have to increase the nutrition facts below.
- 2. Calories: Check how many calories are in your food. You want to make sure that you eat the right amount of calories for your size.
- "Bad" Nutrients: Limit these nutrients. If these numbers are high, this food is unhealthy. Only eat a small amount as a special treat.
- 4. "Good" Nutrients: These nutrients are heathy. You want to eat enough of these every day.
- 5. 5. % Daily Value: This category tells you the percentage of each nutrient that the food contains. This is based on how much you should have in a day. You want the "bad" nutrients to have low percentages. The "good" nutrients should have high percentages.

Serving Size 2/3 Servings Per Co			
Amount Per Servi			
Calories 230		lories fror	n Fat 40
		% Dail	y Value'
Total Fat 8g			12%
Saturated Fat	t 1g		5%
Trans Fat 0g	5		
Cholesterol 0	ma		0%
Sodium 160mg			7%
Total Carbohy		70	12%
Dietary Fiber	-	9	_16%
Sugars 1g	.9		
Protein 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Value			ding on
your calorie needs.	Calories:	2,000	2,500
your calorie needs.	Less than	65g	80g
your calorie needs. Total Fat Sat Fat	Less than Less than	65g 20g	80g 25g
your calorie needs.	Less than	65g	80g

Knowing how to read a nutrition label can help you make important choices about your health. Pay attention to what you eat!

Age	Calories Per day		
	Females	Males	
4-8	1,400-1,600	1,400-1,600	
9-13	1,600-2,000	1,800-2,200	
14-18	2,000	2,400-2,800	



	• •	
W	fiction Images	
	hy is it important to look at the serving size? What is the serving size on the food label shown?	- 4
•	red	
		_
2. V	Vhich of the following are considered "bad" nutrients? (Choose all that apply.)	
а.		
b.	calcium	
С.	cholesterol	
d.	saturated fat	
u.		
зv	What is the percent daily value of calcium that the food displayed on the label has?	
J. V	vind is the percent duity value of calcium that the tood aisplayed on the label has:	
	Yellow	
(_
υт		
	is the food shown a healthy food or an unhealthy food? Use evidence from the text and food label	ГО
sup	port your answer.	
		_
		_
		-
	Nhich of the following food groups should you eat the most of every day?	
5. V	C and the	
5. V a.	fruit	
	dairy	
a.		
a. b.	dairy protein	
a. b. c.	dairy	
a. b. c. d.	dairy protein vegetables	
a. b. c. d.	dairy protein	>
a. b. c. d.	dairy protein vegetables Tow many calories should you eat each day? Which text feature helped you locate this information	2
a. b. c. d.	dairy protein vegetables Tow many calories should you eat each day? Which text feature helped you locate this information	-
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a. b. c. d.	dairy protein vegetables Tow many calories should you eat each day? Which text feature helped you locate this information	eguls Beles

Spiral Math	3. A small cake is cut into 12 slices. If Shelley ate five slices, what fraction of	6. Complete the table below.	
Review	the cake did she eat?		2
Quarter 4		Rule = multiply 4	80
Week 4 * Monday			80
Name:			48
Date:	3.NF.1		3.OA.7
1. If ² / ₃ of the cars in the parking lot have four doors, what fraction of the cars in the parking lot do NOT have four doors?	4. Create a picture with 5 shapes in which ¹ / ₅ of the shapes are circles.	7. What is the area of t below? 6 cm	he figure 12 cm
2. What is the area of the figure below?	5. Compare the numbers. Use < , >, or =.	8. Place $^{2}/_{4}$ on the nun below.	nber line
= 1 square unit	$32 + 65 \qquad 292 - 158$ $32 \div 4 \qquad 401 - 392$ $603 - 586 \qquad 5 \times 9$	0 1 ↓	2
3.MD.6	3.NBT.2		3.NF.2