Name: _	edHelper
Sleep	

By Jennifer Kenny

Your body needs rest and enough sleep each night. Your body becomes relaxed and inactive. What about your brain? Well, your brain never stops. Its automatic control system keeps your heartbeat, breathing, and other vital processes going. Your sleep center is in the part of your brain called the hypothalamus. Even though we know that your brain doesn't stop, doctors know from EEG that the patterns in your brain are different when you are asleep than when you are awake.

Scientists know also from EEG and through observing the body's activities while sleeping that there are four main stages of sleep. The cycles last between 60 and 90 minutes each and become shallower throughout the night.



At first you sleep in a floating, daydreaming state. Then your heartbeat and breathing slow and your body temperature falls during "sleep spindles." In the third state, you are in a very deep sleep, and your brain is a pattern of slow delta waves. A person who sleepwalks, talks in his sleep, or wets the bed normally does it during this stage. Finally, the waves speed up and dreams begin during the R.E.M. stage. R.E.M. stands for rapid eye movements. A person's eyes move and flicker even though the eyelids are closed. A person can often remember his dream if he wakes up during this stage. When the R.E.M. stage is over, sleep deepens again, and the person usually goes through the stages once again. This deep sleep/dreaming sleep is repeated. The first delta sleep is very deep at the beginning of the night but becomes lighter toward morning. Scientists believe people need both types of sleep. During any type of sleep, your senses still work for survival. For example, you can still hear strange noises and smell smoke while you sleep.

So why do we dream as we sleep? Scientists don't have a definite answer to that question. We know that while the body rests, it saves energy. The maintenance and repair processes mend the daily wear and tear on the body. Meanwhile, the brain sorts out memories, thoughts, and feelings. We know that people who are not allowed to sleep often hallucinate.

How much sleep do you really need? Each person's need varies, but there are averages. Sleep is vital. Scientists know that lack of sleep will kill more quickly than lack of food! For adults who do not get enough sleep, they become less efficient and are prone to more accidents. Sleep is essential to children because growth occurs during sleep. A newborn baby usually needs between 15 to 20 hours of sleep per day. A six year old needs 10 to 12 hours of sleep. Most adults need 7 to 8 hours. Finally, the elderly often sleep 6 hours at night but nap several times during the day.

On average, you will spend 1/3 of your life sleeping. Make sure you get enough!

Sleep

Questions

 1. Your brain is	always working.
A. true B. false	
 2. There are	main stages of sleep.
A. five	
B. four	
C. two	
D three	

Name:		edHe
3. Sleepwalking often occurs	in the state of sleep.	
A. fourth		
B. third C. first		
D. second		
4. R.E.M. stands for		
A. Rolling Eye Motion		
B. Rested Eye MovemenC. Rapid Eye Movement	ts	
c. Rapid Eye Movement	5	
5. A person spends of	his life sleeping.	
A. 1/3		
B. 1/4		
C. 2/3 D. 1/2		
D. 1/2		
6. A newborn baby usually slo	eeps at least	
A. 10 hours a day		
B. 9 hours a day		
C. 15 hours a day		
D. 6 hours a day		
0.7.4.0.11		7.00
27,634	18	798
<u>- 7,592</u>	<u>+ 76</u>	<u>- 148</u>
36 ÷ 6 + 9	12 x 8 =	3 x 54 ÷ 6
		1 1

Ms. White went to the store to buy fruit. She wanted to make a salad for the picnic. She bought 3 pounds of bananas, 2.7 pounds of sugar, 3.5 pounds of hot dogs, 2.2 pounds of strawberries, 4.2 pounds of oranges, and 4.3 pounds of ground beef. How many pounds of fruit did she buy?

Everyone in Amy's class drew a picture of a dragon on Appreciate a Dragon Day. The teacher put all the pictures on the bulletin board. Of the dragons, $\frac{1}{4}$ were green, $\frac{1}{4}$ were yellow, $\frac{1}{4}$ were brown, and $\frac{1}{4}$ were purple. If there were 6 brown dragons on the bulletin board, how many pictures did Amy's class draw in total?

Write the number that is one thousand more than 2,535.

double 12 =

How many hundreds are in the number 2,400?

The book of poems by Lewis Carroll costs \$1.35. How could Eric pay for it using only dimes and quarters? (Hint: There is more than one way.) Jacob bought a white rat to keep as a pet. The rat cost \$2.40. Jacob gave the clerk \$10. How much change did he get?

Peter likes to learn about Australia. He saved 12 one-dollar bills to buy a book about kangaroos. After he paid for the book, he had $\frac{1}{4}$ of his one-dollar bills left. How many one-dollar bills were left?

Name:		

"This game is simple," Jean tells her friend Sally. "You get ten rocks. Just toss each rock into the square with the number of points you want. Get exactly 46 points to win, and you have to use all the rocks."

"Okay," said Sally. "Can I pick the numbers?"

"Sure!" replied Jean.

Sally drew a square and wrote 9 inside. She drew more squares with the values 3, 4, and 8. Jack was listening also. "Can I play?"

"Sure," said Jean, and she handed him 10 rocks. "Just remember to get exactly 46 points." Where should Jack throw his rocks?

"Do we have to use 10 rocks?" asks Sally.

"I'm not sure," replies Jean.

What would be the fewest number of rocks they would need to play?

Name: ______edHelper

Massacre Remembrance Day in Madagascar

By Ekaterina Zhdanova-Redman

Do you like to be told what to do? If you're like most people, you probably don't. Why not? Is it because you think no one knows what's best for you besides you? Or is it just because you want to make your own choices? Not everyone in the world has the ability to make their own choices and their own rules. In fact, many people throughout history have had to fight for self-rule. This is true of the people of Madagascar.

Madagascar is an island off the southwest coast of Africa. It lies in the Indian Ocean. For most of its history, Madagascar and its people were unknown to the rest of the world. During those times, Madagascar's people lived in tribes, each with its own system of government. Then, in the 16th century, Europeans arrived in Madagascar. The island was an easy stopping place for European traders sailing between India and Europe.



While many Europeans came to Madagascar, only the French stayed. The French set up colonies all around Madagascar. Within a few hundred years, the French had taken control of Madagascar. The French government ruled Madagascar like a part of France. This process of ruling another faraway nation is called colonization.

Colonization helped the Malagasy--the people of Madagascar. The French brought trade to Madagascar, and in some ways, a better way of life. But colonization had many faults. The French forced their language on the Malagasy. The French even took over many local businesses. Many Malagasy thought the French were trying to control and change them. Many didn't trust the French, and some hated the French.

By the mid-20th century, those opposed to the French had organized into political groups. The French allowed some of the Malagasy to participate in government. But this wasn't enough for most Malagasy. On March 29, 1947, something terrible happened in Madagascar that changed that country forever.

Thousands of anti-French Malagasy around the island went into the streets to fight the French on March 29. The French fought back, of course, and killed many Malagasy. When the revolt was over, the French had won and as many as 60,000 Malagasy had been killed. This was one of the bloodiest days in Madagascar's history.

This revolt proved to the French that they could no longer control Madagascar. Within 13 years, the French left, and Madagascar became an independent country. Today, the people of Madagascar rule their own country. And each day on March 29, the Malagasy remember that awful day in 1947 when so many died to bring independence and self-rule to Madagascar.

Massacre Remembrance Day in Madagascar

Questions

- 1. Madagascar lies in what body of water?
 - A. the Sea of Japan
 - B. the Atlantic Ocean
 - C. the Indian Ocean
 - D. the Pacific Ocean

11aiiic			
2. The people of Madagascar	are known as		
A. MalagasyB. FrenchC. MadagascariansD. Europeans			
3. How many Malagasy were	killed in the revolt?		
A. as many as 80,000 B. as many as 120,000 C. as many as 40,000 D. as many as 60,000			
4. Today, Madagascar is an in	ndependent country.		
A. True B. False			
5. What European country rul	led Madagascar?		
A. FranceB. EnglandC. SpainD. Germany			
6. French rule was entirely go	ood for the Malagasy.		
A. True B. False			
7. The process of ruling a fara	away nation is called	·	
A. democracyB. colonizationC. communismD. atheism			
8. Madagascar is located near	est to what continent?		
A. AsiaB. North AmericaC. South AmericaD. Africa			
Draw a small clock that shows 10 minutes past 9:00.	How many minutes there from 8:00 p.i 8:45 p.m.?		Write the number that is one hundred less than 6,939.

What is the meaning of the underlined phrase?

My debate partner and I are always on the same page.



Name: _

What is the least common multiple of 6 and 2?

What is the least common multiple of 6 and 7?

What is the greatest common factor of 6 and 10?

Write as a decimal.
Twenty-one thousandths

Write as a decimal.
Thirty-four hundredths

Write as a decimal.

3 100

Reduce $\frac{27}{36}$ to its lowest terms.

Reduce $\frac{14}{35}$ to its lowest terms.

Reduce $\frac{10}{20}$ to its lowest terms.

Subtract 48 from 616.

Find the difference between 608 and 130.

What is the least common multiple of 12 and 10?

What is the least common multiple of 5 and 6?

What is the greatest common factor of 3 and 6?

What number is 619 less than 666?

6+9+4=

48 is how much more than 355?

Reduce $\frac{24}{42}$ to its lowest terms.

Reduce $\frac{25}{30}$ to its lowest terms.

Reduce $\frac{14}{21}$ to its lowest terms.

Write as a decimal.

 $4\frac{7}{10}$

Write as a decimal.
Three and four hundredths

Write as a decimal.
Three tenths

What is the least common multiple of 6 and 8?

What is the least common multiple of 10 and 4?

What is the greatest common factor of 9 and 15?

Find the difference between 430 and 196.

211 - 718 =

5 1 + 8 1

Name:	edHelper
_ ,	

The MyPlate Mission: Pile on the Protein

By Erin Horner

The USDA is on a mission. They want you to eat healthy foods. MyPlate is a nutrition campaign. It is designed to help you know what kind of foods to eat and how many servings to choose. Protein is an important part of your daily food intake. Protein helps your bones, skin, muscles, brain, and blood. Lean protein, like turkey, chicken, and lean beef give your body the nutrients it needs. Eggs, seeds, nuts, and beans are great protein choices too. Seafood with omega-3 fatty acids is also a great source of protein. Consuming at least eight ounces of seafood each week may help to reduce your risk of heart disease. The USDA's mission is to help you make great food choices. Your mission is to follow their guidelines. Protein is one important part of the MyPlate campaign, so make sure you pile it on your plate too!



The MyPlate Mission: Pile on the Protein

D. Most kids don't like eggs.

Questions

1.	Why should you choose to eat eight ounces of seafood each week?
2.	Which of the following is NOT a source of protein?
	A. nuts B. turkey C. beef D. bread
3.	In which sentence below is <u>lean</u> used in the same way as in the above passage? A. You can <u>lean</u> on me. B. I expected the cattle to be plump, but they were very <u>lean</u> instead. C. My grandpa lived through some <u>lean</u> years. Money was tight during the Great Depression. D. Please <u>lean</u> the ladder against the wall.
4.	Which of the following is a fact?A. Fish tastes better than other protein sources.B. Your bones and muscles need the nutrients found in protein.C. It's easier to eat protein at dinner than breakfast.

Beautiful Betty wanted a picture of herself. She loved herself best of all. The picture cost \$8.69. Betty paid for it with a \$20 bill. How much change did she get?

A package of 3/4" safety pins costs \$3.80. If Hunter buys a package of 3/4" safety pins, how much change will he get from a ten-dollar bill?

Emma and her mother went out to lunch and shopping at the mall on No Housework Day. Emma's lunch cost \$7.72 and her mother's lunch cost \$7.63. They left \$3.50 for the server. How much did their lunch cost in all?

649 + 9 =

You have a playdate in 60 minutes. How many hours is that?

21 ÷ 7 =

Jenna paid \$8 for each ticket she bought for the play. She bought a ticket for each person (p) in her family. Write an equation to find out how much she paid in all.

Peter is making 10 dozen cookies. The dough has a mass of 3.5 kg. How many grams is that?

Jason has a red, green, and blue quilt on his bed. One-fifth of the quilt is red and $\frac{1}{2}$ of the quilt is green. What fraction of the quilt is not blue?

Name the shape with five sides and five angles.

There are 3 groups of 5 rocks. How many rocks?

What is 14 less than 599?

Mary thought the faded blue paint on the old truck was ugly. She had the truck repainted bright pink! She was very happy with the color. It cost \$105.89 to have the truck painted. Mary had \$208. How much did she have left after she paid for the paint job?

Robert and his friends decided to go to the pool on Friendship Day. The pool might be warm from the sun, but it would be cooler than the air! On Friendship Day, the air temperature was 104.3 degrees. The water temperature was 87.6 degrees. How much warmer was the air than the water?

26, _____, 52, 65, 78,

91, 104, 117, 130

triple 10 =

Round 389 to the nearest hundred.

Miss Hall's class wrote about responsibility on Blame Someone Else Day. Each student wrote three pages. There are twenty-four students in Miss Hall's class. How many pages in all did the students write?

Ms. Anderson is a server at the Metro Grill. Last week she made \$132.40 in salary plus \$210.15 in tips. Fifteen dollars was deducted from her pay for her uniform. How much money did she have left?

Hunter has five bags of 19 pieces of red candy and one bag of green candy. He has 151 pieces of candy in all. How many pieces of green candy does he have?

5 + 7 - 1

35 ÷ ____ = 7

Name: ______edHelper

Colonial Woodworkers

By Sharon Fabian

Take a walk through your neighborhood, and you may see houses made of brick, wood, stone, vinyl siding, and other materials. In colonial days, houses were mostly made of wood.

Today we have furniture made of wood, metal, plastic, and other materials. The colonists had furniture made almost entirely of wood.

We use containers made of plastic, glass, metal, cardboard, and other materials. Many of the containers used by the colonists were made of wood.

Most of our vehicles have tires made of rubber over metal wheels. The colonists' vehicles had wheels made of wood.

Today, boats and ships are made of metal, fiberglass, or other materials. The colonists' ships were made of wood.



It's no wonder that so many colonists were woodworkers. A young man in the colonies who wanted to work with wood had a choice of several good occupations. Colonial carpenters, cabinetmakers, coopers, wheelwrights, and shipbuilders all built things from wood. Colonial sawyers cut logs into boards that other woodworkers could use.

A carpenter built houses, barns, other outbuildings such as smokehouses, and public buildings. He used boards made from wood that was available in the area such as oak, locust, poplar, or pine. The carpenter would lay floors, raise rafters, nail walls, and hang doors. Apprentices and journeymen would do some of the jobs, and a master carpenter would be in charge.

A cabinetmaker built furniture - all kinds of furniture, not just cabinets. A master cabinetmaker might have his shop in town where colonists could buy finished pieces of furniture or order just what they wanted. Cabinetmakers built tables, chairs, desks, clothes presses, and even musical instruments like the harpsichord. Some furniture was carefully decorated with wood carvings.

Coopers built containers. They are best known now as barrel makers, but they also made a variety of wooden containers. Wooden containers held everything from flour to water to tobacco in colonial times.

Wheelwrights made wheels for colonial vehicles including carriages and wagons. Wheels were made of wood with a center hub surrounded by spokes like a bicycle wheel. The hub was turned on a lathe. Then, rectangular holes were made in the hub. Spokes, carved from wood, would be attached to the holes in the hub and then to wooden arches that made up the outer rim. Finally, a metal ring would circle the outside rim of the wheel. The metal ring would be heated to make it stretch just enough to be hammered onto the wheel. When the wheel was cool, the ring fit tightly.

Shipbuilders also provided transportation for the colonists. They set up their shipyards near an ocean or river so that their finished ships would be where they were needed. Shipbuilders built masts, spars, ribs, and planking; nearly all of the ship was made of wood.

Colonial woodworkers used only hand tools to create their products. There were no power tools at that time. Some of the tools used by colonial woodworkers include saws, planes, drills, chisels, vises, and mallets. They also used some tools with names that are less familiar now. A drawknife was a two-handled knife. Drawknives were used for several purposes including shaping items such as roofing shingles, tool handles, and barrel staves. A rounded tool, the inshave or scorp, was used to shape items like chair seats and bowls. A brace and bit was a hand-operated drill. Augers and gimlets were also tools for drilling holes in a variety of sizes.

Colonial woodworkers took years to learn their trade, and they learned to make finished products that were useful, beautiful, and would last for a long time. Houses, furniture, ships, and other wooden objects made in colonial times are much admired today for the skill and care that went into their making.

Name:	edHelper	•
Colonial Woodworkers		
Questions		
1. A colonial carpenter built		
A. furnitureB. barrelsC. housesD. ships		
2. A colonial cabinetmaker built		
A. barrelsB. furnitureC. housesD. ships		
3. A cooper built		
A. housesB. shipsC. barrelsD. furniture		
4. Colonial woodworkers used		
A. sawsB. drillsC. inshavesD. all of the above		
5. Colonial woodworkers did NOT use		
A. sawsB. drillsC. power toolsD. all of the above		
6. A sawyer		
A. made sawsB. built large housesC. made fine furnitureD. cut boards from logs		
7. A breeze and hit was used to do the job that a	is used for today	

- 7. A brace and bit was used to do the job that a _____ is used for today.
 - A. sander

 - B. power saw C. power drill
 - D. circular saw
- 8. In colonial times, _____ objects were made of wood than today.

 - A. many more
 B. only a few more
 C. fewer

 - D. many fewer



Name: _____

Get a fidget spinner! Spin it.

Write this number: 3 tens. 7 hundreds. 2 thousands. 4 ones

I needed to spin _____ time(s) to finish.

If you know 84 + 36 = 120Then what is 84 + 34?

458 76

32, 52, 72, 92, 112, 132,

____, 172, 192

Write this number:

2 thousands, 5 hundreds, 7 tens

6 less than 756

Write the number that has exactly 8 hundreds.

Write the number that has exactly 4 thousands.

16, 19, 23, 28, _____, 41, 49, 58, 68, 79

1, 1, 1, 5, 5, 1, 1, 1, 1, 5,

5, 1, 1, 1, 1, 5, 5,

_____, 1, 1, 1, 1, 1, 5, 5,

1, 1

g, ____, z, z, g, g, z,

z, g, g, z, z, g, g, z

9, 11, 13, 15, 17,

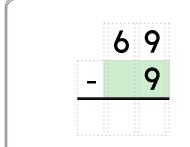
_____, 21, 23, 25, 27



Spin again.

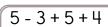
I needed to spin _____ time(s) to finish.

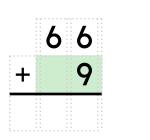
Write this number: 3 ones. 9 tens



double 20

How many hours are there from 9 a.m. to 5 p.m.?

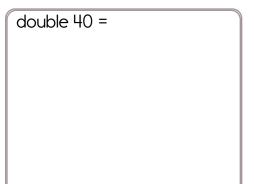




Write the number that is one ten more than 3,304.

You need to add what to 35 to get 41?

There are 2 groups of 5 rocks. How many rocks?



Madam C.J. Walker

By Brenda B. Covert

Sarah Breedlove had a problem. It was a scalp problem. She was losing her hair. She made a product to put on her head. Her hair grew back. Other women needed help for their hair. Sarah decided to start her own company. She had married a man named C.J. Walker. She was known as Madam C.J. Walker. She used this name for her business. Her product was Madam Walker's Wonderful Hair Grower. Her company made other hair care products. Madam Walker worked hard. She sold her products door-to-door. Then she hired women to do that job. She became rich! It happened more than one hundred years ago. She was the first black woman in America to become a self-made millionaire.



Madam C.J. Walker

Questions

- 1. Why did Madam C.J. Walker make a hair growing product?
 - A. to help others
 - B. to become famous
 - C. to make her hair grow back
 - D. to get rich
- 2. How were the hair care products sold?
 - A. by selling them door-to-door
 - B. by putting ads on the Internet
 - C. by calling buyers on the phone
 - D. in stores
- 3. Madam C. J. Walker was the first black woman in America to become a self-made _____.

(8	+ 8) x	12

How many tens are in the number 50?

Adam bought 10 sea monkeys for \$10.21. To the nearest dollar, how much did his purchase cost?

Hunter earns \$6.75 per hour for babysitting and \$4 per hour for yard work. He worked 8 hours last week -- 6 hours of babysitting and 2 of yard work. He saved all his money to take his parents to a movie. How much money did he save?

One hundred ninety people entered the sandcastle-building contest. Each person was given 11 gallons of sand for building. How many cups of sand were given to the contestants in all? (Note: There are 16 cups in one gallon.)

Robert is going to a Halloween Party. The party begins at 7:30 p.m. It will take him 33 minutes to ride his bicycle to the party and 42 minutes to put on his costume. What time should he start getting ready to be at the party at 7:30 p.m.?

Write the number for six thousand, five hundred three.

If you add 6 to me, the sum is 77. What number am I?

80 82 -41 -26

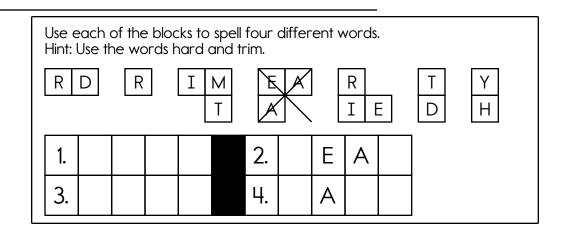
How many pints are equal to 7 gallons?

If H = 4, then what does H plus H equal?

x 3



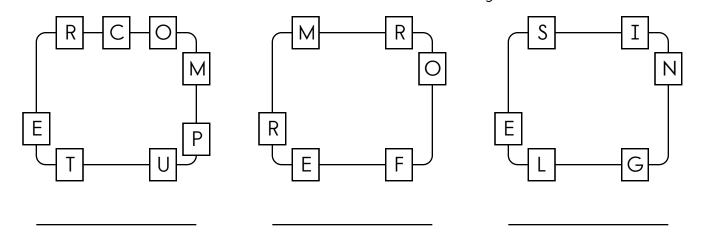
Name: _



Try to spell some words.

<u>part</u> _____

Write the hidden word. Start at one letter and then move either left or right. Continue in same direction.



Name:	edHelper
Plant Parts	
By Cindy Grigg	
1) Stem 2) Leaves 3) Flower bud 4) Roots	3 @
Plants may look very different, but most of them have the same basic parts. Most plants have roots, stems, leaves, flowers, fruits, and seeds.	(2
The roots hold the plant in the soil. They support the plant. Roots absorb water and nutrients from the soil. Roots can also store food for the plant. Carrots and turnips are some roots that we eat.	
Stems give the plant support. Stems hold up the leaves so they can reach the sunlight. Special cells in the stems move water and nutrients up from the roots to the leaves. Different cells in the stem move food the plant makes in the leaves down to the roots and to the other parts of the plant.	
Leaves take in sunlight and turn it into food for the plant. Leaves have small openings that allow carbon dioxide in and oxygen out of the plant.	11.
Flowers may look pretty, but they have a very important job. Flowers make seeds. Seeds grow into new p	olants.
The fruit is the ripened ovary of a plant. It contains the seeds. After the flower is fertilized, the ovary and becomes either fleshy fruit or hard and dry to protect the developing seeds.	swells
Every seed is a tiny baby plant embryo with leaves, stems, and root parts inside waiting for the right to grow. Seeds have food stored for the new plant until it can make its own food from sunlight. A seed coat the tiny embryo. It keeps it from drying out until the seed can grow into a new plant.	
Plant Parts	
Questions	
1. What are the jobs of the roots?	
2 give the plant support and hold up the leaves. A. leaves B. flowers	
C. roots D. stems	

3. _____ take in sunlight and turn it into food for the plant.

A. stemsB. flowersC. leavesD. roots

- 4. Flowers make _____.
- 5. Seeds have _____ inside them.
 - A. a tiny baby plant
 - B. food stored for the new plant until it can make its own food from sunlight
 - C. both A and B

What number is halfway between 0 and 12?

How many total legs are on 16 zebras.

C, F, I, ____, O, R,

U, X

Holly has 28 nickels. How much money is that?

Write the number that is one hundred less than 3,263.

You have a playdate in 180 minutes. How many hours is that?

triple 51 =

12 x 3 =

Double the number 9 three times.

N, J, M, I, ____, H,

K, G, J, F

48 ÷ 8 =

Draw a small clock that shows 5 minutes past 7:00.

Justin was getting a new carpet for his room. He was happy because his parents let him have just the color he wanted — bright red! His room was made up of two rectangles. The first one was 6 feet long and 8.9 feet wide. The other rectangle was 12 feet long and 13.7 feet wide. How many square yards of carpet will be needed? (Hint: 9 square feet = 1 square yard)

Emily decided to write a report about Alexander Graham Bell for her project. She found out a lot of information about him and then she sat down to write. She started writing at 9:43 a.m. and finished her final copy at 3:15 p.m. If she wrote for all that time, except for a break of 15 minutes, how long did it take her to write the report?

For some reason Mrs. Lee has 3 chairs. The students in the class each have one chair. Why else would they need more? All of the chairs have 4 legs. All of the kids and Mrs. Lee have 2 legs. There is a total of 92 legs in the classroom (including human legs and chair legs). How many students are there?

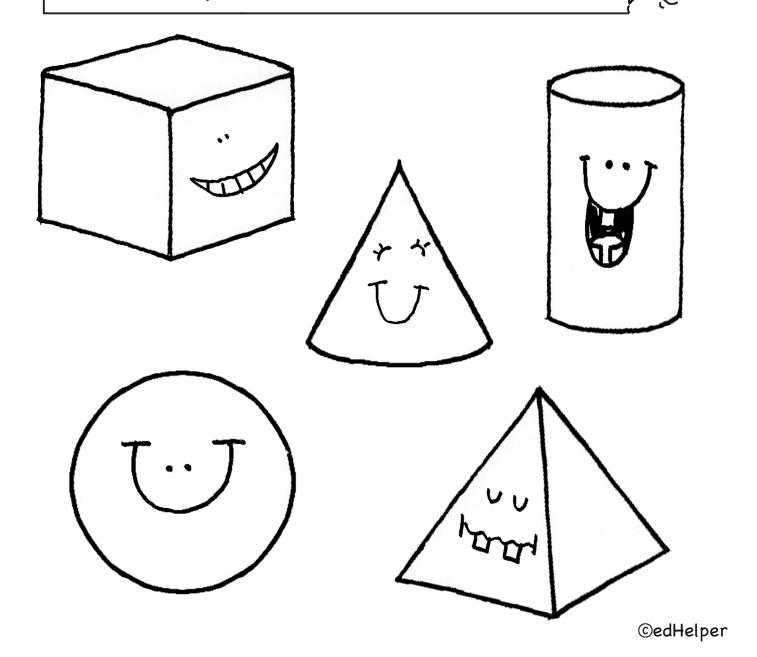
Two prime numbers are each greater than 1 and less than 21. When these two prime numbers are added together, they have a sum of 13.

What are the two prime numbers?

Shape

Shade the Find and color the shapes by reading the directions.

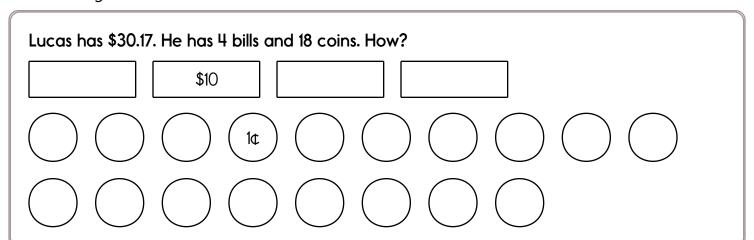
Color the pyramid green, the cube blue, the sphere yellow, the cone orange, and the cylinder red.



edHelper
currerper

Name:	
1 and the	

Make change. You can use \$20, \$10, \$5, \$1, 25¢, 10¢, 5¢, or 1¢.



Ava has \$46.13. She has 7 bills and 11 coins. How?

Eric has \$46.14. He has 4 bills and 10 coins. How?

What is the value of the BIG digit?

23,4**8**5

Fill in the missing fractions.

2 8 - 2 3

