

Day 4

Snow Day Activities

3rd Grade

James and Benton

Healthy Plates



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March is National Nutrition Month!

New Jersey has one of the strictest school nutrition laws in the country. The state passed a **bill** back in January of 2007 to ban the sale of junk foods in elementary and middle schools. A bill is a proposed law. New Jersey became the first state to ban the sale of junk food in its schools.

The law went into effect in September, 2007. As part of the ban, candy and sodas are not allowed to be sold. Elementary schools can sell only milk, water, or 100 percent fruit and vegetable juice. The bill also limits how much fat and sugar can be in foods served to students.

Why the strict laws? Poor nutrition habits have caused many kids in the United States to become overweight. That can lead to health problems. The purpose of the bill is to help students make better nutrition choices.

Name: _____ Date: _____

1. New Jersey passed a bill that stated elementary and middle schools
 - A. can only sell soda to high school students.
 - B. cannot sell junk food.
 - C. cannot talk about junk food.
 - D. can only sell milk.

2. New Jersey lawmakers passed this bill because
 - A. kids have poor nutrition habits.
 - B. too many kids are becoming overweight.
 - C. overweight kids have many health problems.
 - D. all of the above.

3. The following is an opinion:
 - A. lawmakers proposed the new law because they want kids to make good food choices.
 - B. the law will not help, because kids will still eat what they want outside of school.
 - C. being overweight can lead to health problems.
 - D. the law will ban candy and soda from New Jersey schools.

4. The law went into effect in
 - A. June 2007.
 - B. March 2007.
 - C. January 2007.
 - D. September 2007.

5. Do you think that offering only healthy food in schools will teach kids to eat only healthy food? Explain.

An Unlikely Parasite: The Mistletoe

During the holidays, many people hang mistletoes over doorways. People share kisses under this evergreen plant. It is a popular Christmas tradition. But don't let the image of a romantic plant used during the happy times of the holidays fool you. In the forests where they're from, mistletoes can do some real damage. Let's take a look at how and why.

The mistletoe plant is evergreen. This means it has leaves that remain green throughout the year. It is also poisonous and has white berries and small, yellow flowers. The mistletoe lives on other plants, taking water and nutrients from these plants. For this reason, mistletoes are considered parasites.



Photograph of white mistletoe berries

The white berries of the mistletoes contain seeds. Some birds and mammals like to feed on these berries. When they do, the seeds may attach to the animal eating the berries. The animal may carry the seeds to another part of the tree or shrub. They may also carry the seeds to another plant altogether. The seeds start to grow roots that dig through the bark of the tree or shrub. The roots grow into the tissues of the plant they've taken over. That's how mistletoes take nutrients and water away from the host plants. Mistletoe can be hard to remove once it infects a plant. The best way to fight off a mistletoe infestation is to cut off the infected branch completely. If the mistletoe takes over more parts of the plant, it can start to weaken the plant and make it harder for it to grow.

As mistletoes grow in the trees, they become a thick mix of branches and stems. This big mass is sometimes called a "witch's broom." Some animals nest in these witches' brooms. These animals include chickadees, house wrens, and most Cooper's hawks.

Name: _____ Date: _____

1. The mistletoe plant is evergreen. What does this mean?
 - A. It has leaves that remain red throughout the year.
 - B. It has leaves that fall off throughout the year.
 - C. It has leaves that remain green throughout the year.
 - D. It takes water and nutrients away from other plants.

2. Mistletoes live on other plants. The text describes the effects of mistletoes on these plants. What is one of these effects?
 - A. They cause the plants to grow stronger.
 - B. They cause the plants to grow weaker.
 - C. They cause the plants to take in more water and nutrients.
 - D. They cause the plants to turn white.

3. Read the following sentences from the text.

The white berries of the mistletoes contain seeds. Some birds and mammals like to feed on these berries. When they do, the seeds may attach to the animal eating the berries. The animal may carry the seeds to another part of the tree or shrub. They may also carry the seeds to another plant altogether. The seeds start to grow roots that dig through the bark of the tree or shrub. The roots grow into the tissues of the plant they've taken over. That's how mistletoes take nutrients and water away from the host plants.

What conclusion about some animals does this information best support?

- A. Some animals can turn into parasites that infect plants.
- B. Some animals can cause other animal species to die off.
- C. Some animals grow weaker when they eat mistletoe berries.
- D. Some animals help mistletoes infect other plants.

4. What is one positive effect mistletoes have on the ecosystems where they grow?

- A. They take water and nutrients away from plants.
- B. They have leaves that remain green throughout the year.
- C. They provide food to some animals.
- D. They have seeds which can grow roots into the barks of trees and shrubs.

5. What is the main idea of this text?

- A. Mistletoes have leaves that stay green throughout the year, white berries, and small, yellow flowers.
- B. Mistletoes become a thick mix of branches and stems as they grow on other plants.
- C. During the holidays, many people hang mistletoes over doorways and kiss under these evergreen plants as a popular Christmas tradition.
- D. Mistletoes are evergreen plants that can cause other plants they live on to become weak by taking nutrients and water from them.

6. Read the following sentences from the text.

"As mistletoes grow in the trees, they become a thick mix of branches and stems. This big mass is sometimes called a 'witch's broom.'"

Based on the text, why might this mass of branches and stems be called a witch's broom?

- A. because it looks like a witch's broom
- B. because it can help people fly like a witch's broom
- C. because it can be used to clean floors like a witch's broom
- D. because it is popular during Halloween like a witch's broom

7. Choose the answer that best completes this sentence.

The mistletoe lives on other plants, taking water and nutrients from these plants. _____, mistletoes are considered parasites.

- A. Therefore
- B. In addition
- C. However
- D. Meanwhile

8. As mistletoes grow in the trees, they become a thick mix of branches and stems. What nests in this big mass?

9. How can parasites best be defined? Use information from the text to support your answer.

10. Explain how mistletoes can both hurt and help other living things using information from the text.

Name: _____

Lower-case d

d d d d d

d d d d d

d

d

drop

dishes

draw

daisy

dribble

Name: _____

Cities in the United States

Tell which state you can find all 3 cities in. Circle the capital city.
Use an atlas or map of the USA if you need help.

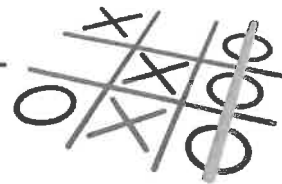
example: Cleveland, Columbus, Dayton Ohio



1. Tallahassee, Jacksonville, Tampa _____
2. Philadelphia, Pittsburgh, Harrisburg _____
3. Madison, Green Bay, Milwaukee _____
4. Buffalo, Albany, Rochester _____
5. Albuquerque, Roswell, Santa Fe _____
6. Tacoma, Seattle, Olympia _____
7. Sacramento, Los Angeles, San Diego _____
8. Atlanta, Augusta, Savannah _____
9. Huntsville, Montgomery, Birmingham _____
10. Richmond, Alexandria, Norfolk _____
11. Charlotte, Durham, Raleigh _____
12. Boston, Cambridge, Worcester _____
13. Anchorage, Juneau, Nome _____
14. Dallas, Houston, Austin _____
15. Phoenix, Tempe, Tucson _____

Name: _____

Multiplication Tic-Tac-Toe



Solve each multiplication problem. Then, write X or O over the corresponding numbers on the tic-tac-toe board. If you get three in a row, draw a line through it.

$$\begin{array}{r} 5 \\ X \times 6 \end{array}$$

$$\begin{array}{r} 5 \\ O \times 9 \end{array}$$

$$\begin{array}{r} 5 \\ X \times 7 \end{array}$$

$$\begin{array}{r} 5 \\ O \times 3 \end{array}$$

$$\begin{array}{r} 5 \\ X \times 2 \end{array}$$

$$\begin{array}{r} 5 \\ O \times 4 \end{array}$$

$$\begin{array}{r} 5 \\ X \times 5 \end{array}$$

$$\begin{array}{r} 5 \\ O \times 1 \end{array}$$

$$\begin{array}{r} 5 \\ X \times 8 \end{array}$$

5	10	15
20	25	30
35	40	45

$$\begin{array}{r} 6 \\ O \times 3 \end{array}$$

$$\begin{array}{r} 6 \\ X \times 5 \end{array}$$

$$\begin{array}{r} 6 \\ O \times 6 \end{array}$$

$$\begin{array}{r} 6 \\ X \times 7 \end{array}$$

$$\begin{array}{r} 6 \\ O \times 1 \end{array}$$

$$\begin{array}{r} 6 \\ X \times 8 \end{array}$$

$$\begin{array}{r} 6 \\ O \times 9 \end{array}$$

$$\begin{array}{r} 6 \\ X \times 4 \end{array}$$

$$\begin{array}{r} 6 \\ O \times 2 \end{array}$$

6	12	18
24	30	36
42	48	54

$$\begin{array}{r} 7 \\ X \times 3 \end{array}$$

$$\begin{array}{r} 7 \\ O \times 5 \end{array}$$

$$\begin{array}{r} 7 \\ X \times 6 \end{array}$$

$$\begin{array}{r} 7 \\ O \times 1 \end{array}$$

$$\begin{array}{r} 7 \\ X \times 8 \end{array}$$

$$\begin{array}{r} 7 \\ O \times 7 \end{array}$$

$$\begin{array}{r} 7 \\ X \times 9 \end{array}$$

$$\begin{array}{r} 7 \\ O \times 2 \end{array}$$

$$\begin{array}{r} 7 \\ X \times 4 \end{array}$$

7	14	21
28	35	42
49	56	63

Name: _____

Multiply, Cut, Glue

$9 \times 8 = \square$

$12 \times 3 = \square$

$11 \times 11 = \square$

$6 \times 8 = \square$

$4 \times 7 = \square$

$12 \times 8 = \square$

$7 \times 11 = \square$

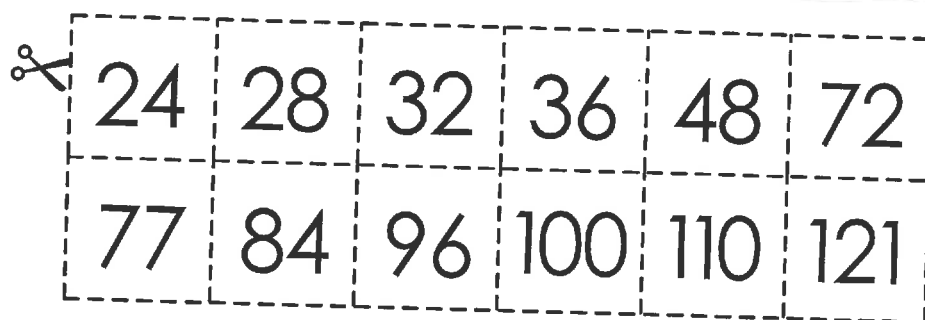
$8 \times 4 = \square$

$11 \times 10 = \square$

$12 \times 7 = \square$

$10 \times 10 = \square$

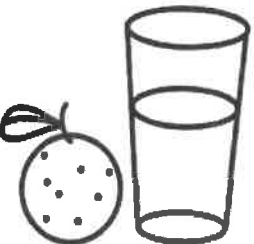
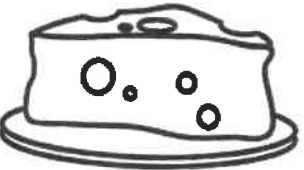
$4 \times 6 = \square$



solid

liquid

gas

 <p>helium</p>	 <p>icicles</p>	 <p>orange juice</p>
 <p>airplane</p>	 <p>maple syrup</p>	 <p>carbon dioxide</p>
 <p>snowman</p>	 <p>gasoline</p>	 <p>air inside of a soccer ball</p>
 <p>air inside of a tire</p>	 <p>paint</p>	 <p>cheese</p>

Pronouns

A pronoun is a word that takes the place of a noun.

example: John is a mail carrier. John carries a blue bag.

To make the second sentence sound better, you can change the word *John* to *he*.

new sentence: John is a mail carrier. He carries a blue bag.

The word *he* is a pronoun that takes the place of the word *John*.



Some common pronouns include:

I, you, he, she, it, we, they, you, him, her, them, it, us

Rewrite each sentence. Change the underlined word or words to a pronoun.

1. Sarah made dinner for the whole family.

2. Tyler played tag with Miguel and Ramon.

3. Mr. Cane went to the movies with Mrs. Cane.

4. The house needs a fresh coat of paint.

Pronouns

Circle the pronouns in the sentences below.

Some sentences have more than one pronoun.

5. She went to the store with Angela.
6. Six of us had to squeeze in the tiny car.
7. Every Thursday, Kenny goes to Wal-Mart with them.
8. At the store, the cashier gave her some change.
9. When the sun comes up, he leaves for work.
10. I enjoyed seeing them on the playground.
11. Have you hung the painting on the wall yet?
12. If I eat all of these vegetables, mother will let me watch television.
13. We played with the puppy, then fed her a biscuit.
14. Have you seen the sandcastle we built?
15. I bounced the ball and Jack ran after it.



Name: _____

Unit C-5: /ōō/ and /ū/

Spelling Word Search

S	U	I	C	F	W	C	M	P	T	R	Z	L	M
I	M	S	E	B	R	O	O	H	S	I	L	N	O
M	U	E	R	A	M	U	O	M	X	T	G	T	O
B	L	H	O	R	O	Y	I	S	P	O	O	N	M
B	E	D	R	O	O	M	J	T	C	U	T	O	W
M	A	D	M	W	N	S	I	L	E	N	T	O	L
U	F	R	R	E	S	C	U	E	M	E	W	E	W
S	U	X	B	R	E	Q	U	I	S	W	H	R	R
I	I	O	H	E	I	G	H	T	T	Z	R	U	E
C	T	O	O	J	C	U	E	N	E	C	T	L	P
A	Y	P	E	R	F	U	M	E	L	U	A	E	L
L	B	E	R	B	W	E	E	K	G	A	L	S	Y
P	E	R	F	K	N	E	W	N	H	E	S	J	E

Find your spelling words in the puzzle. Words are hidden → , ↓ , and ↘.

Spelling Words			Review (from Unit C-3)
FRUIT	NEW	COMPUTER	HEIGHT
CUTE	KNEW	MOON	SILENT
MULE	BEDROOM	PERFUME	REPLY
STOOL	MUSICAL		Challenge
FEW	RESCUE		BARBECUE
RULES	SPOON		SUITCASE



Sudoku Puzzle 1

3		2		5	1			
6	8	7	4					
4			9		6		8	
						8	1	
2				1				9
	7	4						
	1		3		2			8
					7	9	4	1
			1	8		3		6

Sudoku Puzzle 2

				4	9	1		2
8				5			7	9
							4	
			6		5		8	
	2	8		9		5	6	
	1		3		7			
	9							
1	8			6		4		3
5		2	4	3				

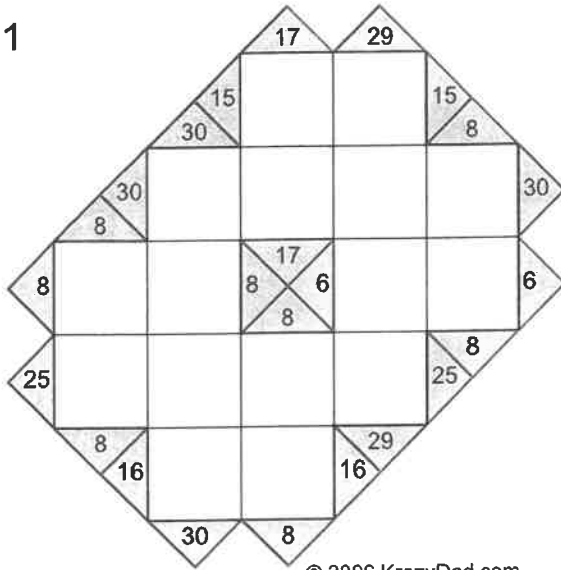
GT Activity 3

3-5 Grade

Kakuro #1-4

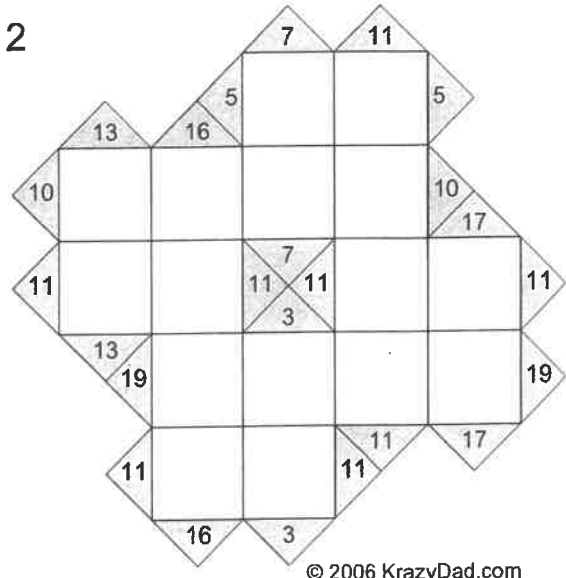
5x5 Kakuro Puzzles by KrazyDad, Book 1

1



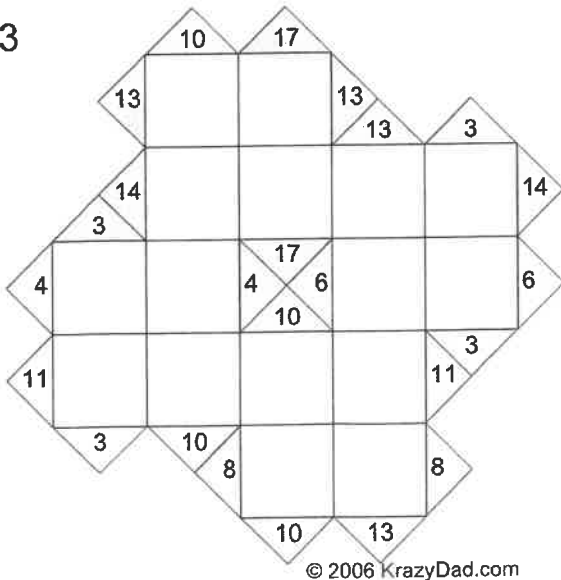
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2



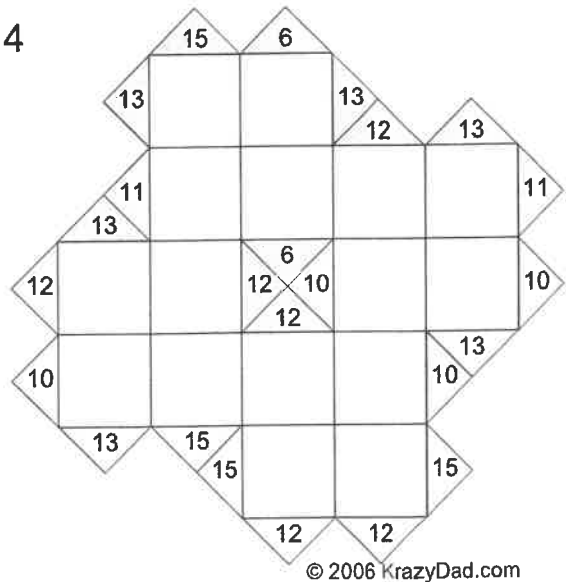
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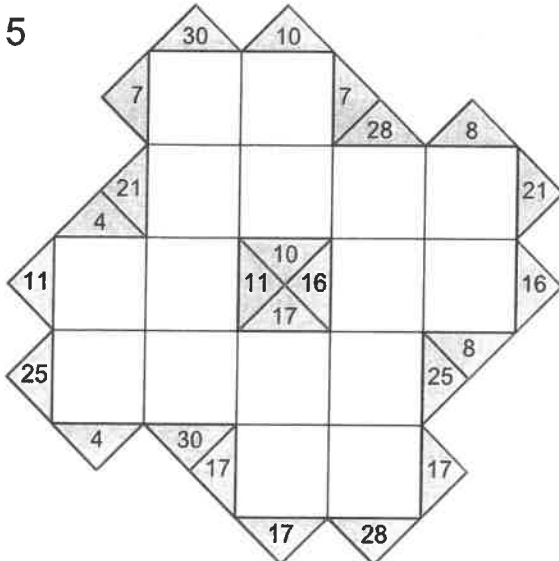
"We know our friends by their defects rather than by their merits."
 -- W. Somerset Maugham

Kakuro puzzles are like a cross between a crossword and a Sudoku puzzle. Instead of letters, each block contains the digits 1 through 9. The same digit will never repeat within a word. If you add the digits in a word, the sum will be the number shown in the clue. Clues are shown on the left and right sides of "across" words, and on the top and bottom sides of "down" words.

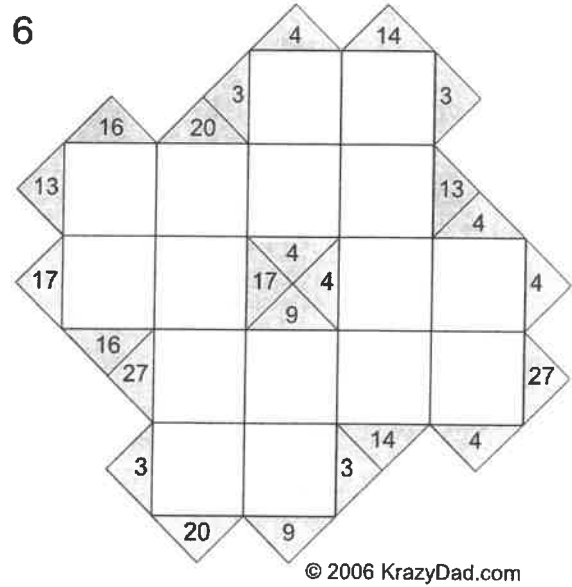
Kakuro #5-8

5x5 Kakuro Puzzles by KrazyDad, Book 1

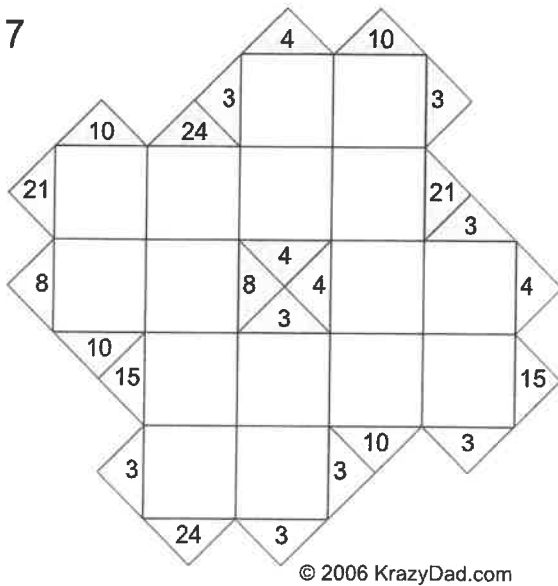
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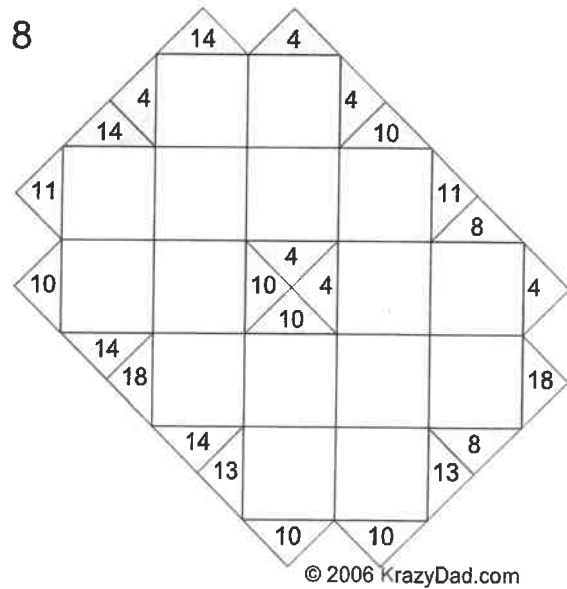
6



7



8



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 Thank you for helping out!

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