

Directions: Choose activities on this choice board. You should work at least **90 minutes a day** on these assignments. We will be grading these assignments. Submit your assignments via OneNote, email, or hard copy (paper form). The * means that the assignment needs to be completed first!

<p style="text-align: center;"><u>SCIENCE</u></p> <p>Play Jeopardy to review Electricity and Magnets. This is posted in OneNote!</p> <p>Email your teacher if you have any questions after reviewing.</p>	<p style="text-align: center;"><u>READING *</u></p> <p>Read the passages, So Called “Healthier” School Lunches and Bravo for Making Kids Healthier. Answer the comprehension questions.</p> <p>Also don’t forget to listen to the Read Aloud, and watch the recorded lessons throughout the week</p>	<p style="text-align: center;"><u>MATH *</u></p> <p>ON (5.1/5.2): Attend a Teams meeting and send a picture of your work.</p> <p>ADV (5.2/6.1): Work on the unit 4 study guide. This is posted in OneNote under unit 4!</p>
<p style="text-align: center;"><u>WRITING</u></p> <p>After reading the passages, complete the writing task attached.</p>	<p style="text-align: center;"><u>MATH</u></p> <p>Log into iReady or Prodigy for at least 40 minutes. If you choose iReady, complete at least two lessons.</p>	<p style="text-align: center;"><u>READING</u></p> <p>Log onto iReady through Classlink/Launchpad. Complete at least 2 iReady lessons.</p> <p>Or if you have an account from Mrs. Scott: Log into Imagine Learning through Classlink. Complete at least two lessons.</p>
<p style="text-align: center;"><u>SCIENCE</u></p> <p>Attend a Teams meeting and comment on what you have learned about in that session!</p>	<p style="text-align: center;"><u>SOCIAL STUDIES</u></p> <p>Define the following words:</p> <ul style="list-style-type: none"> • Multicultural • Heritage <p>Write a paragraph explaining your heritage!</p>	<p style="text-align: center;"><u>SOCIAL STUDIES</u></p> <p>Watch the BrainPOP on supply and Demand. Then take then quiz.</p> <p>Think about objects now that have</p> <ul style="list-style-type: none"> • a big demand and a small supply • a big supply and low demand <p>Write a paragraph describing the two situations above and the effects of them.</p>

So-Called "Healthier" School Lunches

Dear Editor,

I was so excited to hear that our local schools would finally be serving more healthy lunches. For years I have felt guilty for allowing my kids to eat the processed foods offered by the school lunch program. Sadly, it seems that the new guidelines have not made much of a difference. Kids are still eating chicken nuggets, fish sticks, and pizza every month. Some of the fruits and vegetables that are supposed to be so healthy come from cans. They are not the fresh and healthy produce I was expecting.

Another problem with new guidelines is the portion sizes. Kids are given a calorie maximum based on their age, without taking into account their different sizes and needs. A 220-pound high school football player doing two-a-day practices is getting the same amount of food as smaller kids or kids who are not as active. That hardly seems fair.

Both of my children have told me that they are hungry all day. One of my children has lunch at 10:45 a.m., and that is supposed to last until school is over at 3:15? My kids hunt for junk food every day right after school. I know that many schools are struggling to meet these guidelines, but they have to do better than this.

I have no choice but to send my children to school with packed lunches. This way I can control the portions myself. I can also be sure that they have fresh, not processed, fruits and vegetables every day.

Frustrated with food,
Palmer Ross

Bravo for Making Kids Healthier

Dear Editor,

Before retiring ten years ago, I had been an elementary school teacher for thirty-seven years. During my first year, kids were filled with energy. They ran around all during recess. Then they would come back in and complete their lessons.

At the start of my career, kids ate in the classroom. Their parents packed them fairly healthy lunches. Often they consisted of leftover home-cooked meals rather than processed foods. I often saw vegetables that seemed to have come straight from the garden.

Over the years, young people seemed to get less energetic. I noticed more kids sitting and talking during recess. Many were eating non-nutritional snacks. Fewer were playing and burning off extra energy. When they returned to class, their minds wandered. They struggled to focus.

Prepared lunches at school did not help. In fact, they added to the problem. Kids received regular servings of pizza, burgers, and mashed potatoes from a box. Many kids loved it, but it didn't seem right to me. Our kids deserved better. They deserved healthy foods to nourish their brains and bodies.

Now, kids are finally getting more healthy foods at schools. Our country recently revealed a change in school lunches. No more processed chicken fingers, pizza, and sugary chocolate milk. Students now enjoy more healthy baked options, fruits, vegetables, and low-fat dairy products. These options are offered at every meal. Students can fill up on brain-healthy foods.

I have also heard that school leaders plan to change vending machine options. They will swap sugary snacks for more healthy whole-grain options. Hats off to health!

There are so many distractions like the Internet, video games, and smart phones. Real foods like vegetables and fruits will help students focus in class. It will help them feel healthier and have more energy to be active.

Sincerely,
Tyra Watts

Which sentence would be BEST to add to the last paragraph of “So-Called ‘Healthier’ School Lunches” as the concluding sentence?

I have no choice but to send my children to school with packed lunches. This way I can control the portions myself. I can also be sure that they have fresh, not processed, fruits and vegetables every day.

- A. It is not too late to take control of our children’s health.
- B. Some canned fruits are loaded with sugar and preservatives.
- C. We cannot leave it up to our children to make the right food choices.
- D. If we buy fruits and vegetables when they are in season, we can also save money.

Which sentence should be added to the beginning of this paragraph from “Bravo for Making Kids Healthier” to BEST support the writer’s opinion?

There are so many distractions like the Internet, video games, and smart phones. Real foods like vegetables and fruits will help students focus in class. It will help them feel healthier and have more energy to be active.

- A. Unhealthy foods add to the challenges kids face in school today.
- B. Sugary snacks and lack of exercise make it harder for kids to sit still.
- C. It is not fair to expect kids to focus on schoolwork without giving them snacks.
- D. Smart phones and other distractions are the reason why kids do not pay attention.

Explain how the author of “So-Called ‘Healthier’ School Lunches” supports the idea that the new school lunch guidelines are not working.

Use details from BOTH passages to support your answer. Write your answer on the lines provided.

WRITING TASK

You will read about the controversy over new school lunch guidelines. What are the benefits and drawbacks of these guidelines? You will write an opinion essay in your own words about the new guidelines.

Think about both sides of the discussion as presented in the passages, and then write an opinion essay supporting either side of the debate about the new school lunch plan. Explain your opinion, and give reasons to support it.

Be sure to use information from BOTH passages. **Write your answer on the lines provided.**

Before you write, be sure to:

- Think about ideas, facts, definitions, details, and other information and examples you want to use.
- Think about how you will introduce your topic and what the main topic will be for each paragraph.
- Develop your ideas clearly and use your own words, except when quoting directly from the passages.
- Be sure to identify the passages by title or number when using details or facts directly from the passages.

Now write your opinion essay. Be sure to:

- Introduce your opinion.
- Support your opinion with reasons and details from the passages.
- Give your reasons and details in a clear order.
- Use words, phrases, and clauses to connect your ideas.
- Have a strong conclusion that supports your opinion.
- Check your work for correct usage, grammar, spelling, capitalization, and punctuation.