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(Note: Each six-part lesson revolves around an article from *Time For Kids*. The article titles are listed here for you to choose topics that will appeal to your students, but the individual articles do not begin on the first page of the lessons. The lessons in this book may be done in any order.)

Introduction *(cont.)*

General Lesson Plan

At each grade level of this series, there are 20 articles that prove interesting and readable to students. Each article is followed by questions on the following topics:

Sentence comprehension—Five true/false statements are related back to one sentence from the text.

Word study—One word from the text is explained (origin, part of speech, unique meaning, etc.). Activities can include completion items (cloze statements), making illustrations, or compare and contrast items.

Paragraph comprehension—This section contains one paragraph from the text and five multiple-choice questions directly related to that paragraph. The questions range from drawing information directly from the page to forming opinions and using outside knowledge.

Whole story comprehension—Eight multiple-choice questions relate back to the whole article or a major part of it. They can include comprehension that is factual, is based on opinion, involves inference, uses background knowledge, involves sequencing or classifying, relates to cause and effect, and involves understanding the author's intent. All levels of reading comprehension are covered.

Enrichment for language mechanics and expression—This section develops language mechanics and expression through a variety of activities.

Graphic development—Graphic organizers that relate to the article are used to answer a variety of comprehension questions. In some lessons, students create their own maps, graphs, and diagrams that relate to the article.

The following is a list of words from the lessons that may be difficult for some students. These words are listed here so that you may review them with your students as needed.

Word	Page	Word	Page
monarch	21	Holocaust	57
subordinate	25	sanctuaries	65
Cleopatra	27	archibutyrophobia	85
Ptolemy	29	Melghat	107
orthopedic	51		

Name _____ Date _____

Sentence Comprehension

Directions: Read the sentence carefully and answer the following questions “True” (T) or “False” (F).

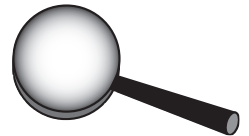
A study by Dr. Charlotte Alexander of Houston, Texas, showed that, on average, kids carry a backpack that weighs 10% of what they weigh.

1. The study in Houston, Texas, involved school children. _____
2. Dr. Alexander studies overweight children. _____
3. *On average* means usually (or some other definition to make it true.) _____
4. When someone conducts a study, he or she gathers information about a topic.

5. You must be a doctor to conduct a study. _____

Word Study

Directions: Read the information given below and use it to answer the following questions “True” (T) or “False” (F).



An *orthopedic* surgeon is a doctor who specializes in preventing or correcting physical problems in the human skeleton. *Ortho-* means straight or upright. We visit an *orthodontist* who gives us braces and other devices to correct our crooked teeth. Some religious groups are more *orthodox* than others. They practice their religious beliefs in what they see as the correct or right way. Thus, we see *ortho-* in the terms *Orthodox* Jews or the Greek *Orthodox* Church.

The second part of the word *orthopedic* is *-pedic*. *Pedic* relates to child. *Pediatrics* is a branch of medicine dealing with children’s care and diseases. A *pediatrician* specializes in children’s medicine, but an *orthopedist* may treat adults as well.

But if someone has problems with his or her bones, then it would be wise to see an *orthopedist* before the person is fully grown. An *orthopedist* may also prescribe braces to help correct a deformity.

1. Only orthodontists prescribe braces to correct deformities. _____
2. A pediatrician treats only children. _____
3. An orthopedist tries to prevent physical problems. _____
4. Orthodox means the traditional way. _____
5. An orthopedist treats only adults. _____

Name _____ Date _____

Paragraph Comprehension

Directions: Read the information given below and answer the following questions.

Jordan isn't the only one who needs to lighten his load. In October 1999, the American Academy of Orthopedic Surgeons (A.A.O.S.) reported that thousands of kids have back, neck, and shoulder pain caused by their heavy backpacks. The A.A.O.S. surveyed more than 100 physicians in Illinois and Delaware. More than half said they have treated kids for pain and muscle fatigue caused by backpacks. The Consumer Product Safety Commission found that in 1998, U.S. kids ages five to 14 made 10,062 visits to doctors' offices with backpack-caused aches.

1. The American Academy of Orthopedic Surgeons conducted a survey in
 - a. California.
 - b. Jordan.
 - c. Illinois and Delaware.
 - d. a doctor's office.
2. What is the cause of school-age children's back pain?
 - a. poorly constructed backpacks
 - b. overloaded backpacks
 - c. too much homework
 - d. muscle aches
3. *Lighten his load* means
 - a. to pack his backpack better.
 - b. to lose weight.
 - c. to worry less.
 - d. to carry less in a backpack.
4. What is the least number of physicians from Illinois and Delaware who said they have treated children for pain and muscle fatigue?
 - a. 49
 - b. 50
 - c. 51
 - d. 20
5. Why did 10,062 U.S. students need medical attention in 1998?
 - a. to participate in the A.A.O.S. study
 - b. to get help with tired muscles and back pain
 - c. to help reduce the weight they carry
 - d. to follow the recommendations of the Consumer Product Safety Commission

Whole Story Comprehension

Directions: Read the story below and answer the questions on the following page.

A Real Pain in the Neck

Carrying a backpack can be hazardous to your health. Just ask Jordan Morgan, 10, of California. “One time I fell off my bike and bruised my leg because my backpack was too heavy,” says Jordan. He weighs 100 pounds. His backpack, loaded with four books, a calculator, a binder, paper, glue, and gym clothes, can weigh 20 pounds! “Sometimes I have to stop and rest because it’s too heavy.”

Jordan isn’t the only one who needs to lighten his load. In October 1999, the American Academy of Orthopedic Surgeons (A.A.O.S.) reported that thousands of kids have back, neck, and shoulder pain caused by their heavy backpacks. The A.A.O.S. surveyed more than 100 physicians in Illinois and Delaware. More than half said they have treated kids for pain and muscle fatigue caused by backpacks. The Consumer Product Safety Commission found that in 1998, U.S. kids ages five to 14 made 10,062 visits to doctors’ offices with backpack-caused aches.

Half the doctors in the A.A.O.S. survey said a backpack can do some damage if it weighs 20 pounds or more. A study by Dr. Charlotte Alexander of Houston, Texas, showed that, on average, kids carry a backpack that weighs 10 percent of what they weigh. “That’s not a problem,” says Dr. Alexander, “but we found one 10 year-old with a backpack weighing 47 pounds!”

How should you carry a heavy load? Use both shoulder straps, place the heaviest items closest to your back, and bend both knees when lifting. If you have lots to carry, try a backpack with hip straps or wheels.

Jordan Morgan is packing lighter now and feeling better. Says Jordan, “I don’t fall anymore or hurt myself.”

For the latest research and recommendations about this subject, Backpack Safety America maintains a Web site and offers materials to schools for special programs about proper backpack use for students. The organization publishes an “easy-to-follow, four-step method for wearing and using a backpack in the safest, most comfortable way.”

Step 1: Choose Right.

Choosing the right size backpack is the most important step to safe backpack use.

Step 2: Pack Right.

The maximum weight of the loaded backpack should not exceed 10 percent of your body weight, so pack only what is needed.

Step 3: Lift Right.

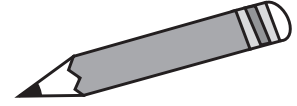
Face the pack. Bend at the knees. Use both hands and check the weight of the pack. Lift with the legs. Apply one shoulder strap and then the other.

Step 4: Wear Right.

Use both shoulder straps, snug, but not too tight.

Name _____ Date _____

Graphic Development



Directions: Read the information below and use it to fill in the chart.

We learned from the article that the maximum weight for a backpack is 10% of an individual's weight. Dividing a number by 10 is the easiest way to find 10% of that number.

Harry is a sixth grader who weighs 125 pounds. If 125 is divided by 10, we discover that the weight of any backpack Harry carries should be no more than 12.5 pounds.

The chart lists five of Harry's classmates and their weights. Fill in the third column of the chart by choosing an answer from the lettered list of possible backpack weights.

Lettered List of Possible Backpack Weights

- | | |
|---------|--------|
| a. 12.5 | g. 9.5 |
| b. 12 | h. 9 |
| c. 11.5 | i. 8.5 |
| d. 11 | j. 8 |
| e. 10.5 | k. 7.5 |
| f. 10 | l. 7 |

Students	Weight	Maximum weight of a backpack
Harry	125	12.5
Zack	90	1.
Keisha	85	2.
Jose	110	3.
Maria	105	4.
Amy	95	5.