

Level 5.0

April Fool's Day

1. A fool is someone who has been tricked or made to look silly.
2. Exclaim means to speak loudly with strong feeling.
3. No one knows for certain where April Fool's Day began.
4. People celebrate April Fool's Day by playing tricks on friends, co-workers, and family members.
5. The word harmful means causing harm or likely to cause harm; dangerous.
6. April Fool's Day is celebrated in the spring because spring weather is tricky; it often fools us with warm weather one day and then cold, wintry weather the next day.
7. The quote from Mark Twain means that we are fools everyday of the year. The date of April 1st just helps remind us of that fact.

Caffeine

1. Coffee, tea, Coke, Pepsi, Mountain Dew, and chocolate all contain caffeine.
2. Some unhealthy affects of caffeine are: it stimulates the heart, it may raise your blood pressure, it may make you jumpy or nervous, it may give you headaches, and it affects sleep.
3. Decaffeinated means no caffeine, the caffeine has been removed.
4. Some people like caffeine because it wakes them up; it makes them feel less tired; it helps them stay awake.
5. Bother means to trouble or annoy.
6. You know you've had too much caffeine if you get jumpy or nervous, if you get headaches, and/or you have trouble falling asleep.
7. Stimulate means to make active, to excite.

Flora' Story – A Grateful Recipient

1. The first symptom of Flora's illness was shortness of breath.
2. Flora was diagnosed with a rare pulmonary disease.
3. Flora was on the transplant list for 22 months and 8 days.
4. She received one lung.
5. Because of the lung transplant, Flora is now working full-time, going to the gym three to four times a week, serving on transplant committees, and enjoying life!
6. Side effects are unwanted, secondary effects of a drug/medication.
7. Before Flora received the transplant, her life was pretty miserable. She was using oxygen 24 hours a day, dragging the oxygen tank with her at all times. Her skin was a bluish/gray color and breathing was very difficult. She had to stop and catch her breath many times while walking a single block.

Good Employees Get the Good Jobs

1. A good employee keeps her commitments by doing what she says she's going to do. If she says she will do something, she will get it done.
2. To take initiative means to do something without being told; to find things to do in order to keep busy; to learn new things in order to perform better on the job.
3. Most employers promote good employees.
4. Even if an employee doesn't like doing every task, he should try to do his work cheerfully.
5. A good employee needs to understand basic finances; that getting paid depends on the business making money, and in order for the business to make employees need to do their part.
6. Things that make a good employee are: Initiative, responsibility, understanding finances, keeping commitments, knowing customers are important, working cheerfully, working hard all the time, always doing a good job, doing more than is asked, and doing more than is expected.
7. Being promoted usually means better pay.

A Healthy Pregnancy

1. Kim wants to have a healthy baby.
2. Answers may vary, but hopefully will be something like: Yes, receiving prenatal care is a good idea because mom and baby's health is monitored by attending monthly checkups and discussion with the doctor.
3. First, the nurse weighs Kim.
4. Kim goes to the doctor for checkups every month.
5. In order to keep herself and her baby health, Kim should eat healthy foods, drink lots of water, take a daily vitamin, and stay away from smoking, drinking, and drugs.
6. Receive means to get.
7. Answers may vary, but hopefully will be something like: Yes, they should take prenatal classes because they will learn more about their baby and the birthing process, and will get to meet other parents.

Laughter – The More the Better

1. The phrase means that if your mouth is turned upward into a smile, your day will go well; however, if your mouth is turned downward into a frown, your day will go downward, or not so well.
2. Laughter rids the body of stressful emotions and reduces the level of stress hormones; it also relaxes our muscles.
3. A benefit is something that is good or helpful.
4. Humor/laughter stimulates parts of the brain known as reward centers. The reward centers release endorphins that combat pain and create a natural high.
5. Ways to get more laughter into your life include: thinking funny thoughts, singing silly songs, reading or

listening to funny jokes, and/or joining in with others who are laughing.

6. Laughter boosts the immune system.
7. We should laugh more because:
 - a. It relaxes our muscles and increases circulation.
 - b. It increases the oxygen level in our blood and lowers blood pressure.
 - c. It boosts the immune system.
 - d. It rids our body of stressful emotions and reduces the level of stress hormones.
 - e. It stimulates reward centers in the brain that release endorphins that combat pain and create a natural high.
 - f. Your attitude and outlook on life is better when you're laughing!

Merry Christmas!

1. A tradition is a custom or belief that is passed from one generation to another.
2. Carols are songs of joy and celebration, especially Christmas songs.
3. People often say, "Merry Christmas" or "Happy Holidays" during the Christmas season.
4. The colors of Christmas are red and green.
5. The words "Marry" and "Merry" both sound the same and are spelled almost exactly the same. Mary is a woman's name. Merry means very happy and full of good cheer.
6. Answers will vary - student opinion.
7. Festive means joyful or merry, often related to a feast or celebration.

National Wear Red Day

1. Stephanie's risk factors of heart disease were: she was a smoker, and she did not take very good care of herself – she wasn't exercising, did not appear concerned about her food choices, and did not take/make time to care for herself.
2. Aware means knowing or realizing something.
3. We need to build more awareness about women's heart disease because it is the number one killer of women, yet only 20 percent of women identify heart disease as the greatest health problem facing women today.
4. The Heart Truth campaign (part of the National Heart, Lung, and Blood Institute) is helping create more awareness about women's risk of heart disease.
5. National Wear Red Day is the first Friday in February.
6. It's probably held during the month of February because Valentine's Day, a day celebrated with lots of hearts and the color red, is in February.

7. The red dress symbolizes women's heart disease awareness and the message that "Heart Disease Doesn't Care What You Wear – It's the #1 Killer of Women."
8. Stephanie is walking a little more and being more careful about what she eats. She is also taking time to pay attention to her body and to her health.

Overcoming Obesity -
Marcia's Story

1. The main methods of the weight-loss program Potts used were journaling, cutting fat and calories, and reducing portion sizes.
2. Success means a good result; the result of doing something well.
3. When Potts was obese she struggled to breathe and to walk. She mentioned that she could hardly stand – always needed something to lean on or hold on to. She believed her obesity would cause her to die.
4. Drinking lots of water and exercise/walking were additional weight-loss strategies that contributed to her weight-loss success.
5. Potts' story could encourage others who have tried various diets and remain overweight or obese, to not give up in their efforts to lose weight.
6. Crave means to desire something very much.
7. Potts' no longer craves fatty foods because her body has changed. Her body has grown more accustomed to healthy foods like vegetables

Reading and Storytelling –
Fun and Educational

1. Storytelling is done without a book. It is the telling of a story, as opposed to the reading of a story.
2. A habit is an action that is regularly done over and over again.
3. Parents should read to their children because it builds language skills, develops the brain, widens a child's vocabulary, helps kids become better readers and be more successful in school, and creates and nurtures special shared time between parent and child.
4. Will's favorite stories were the ones that his Dad made-up about a little boy named Will and his dog-friend Duke.
5. Will probably liked those stories best because he connected with the characters and enjoyed hearing his name (and his stuffed animal's name).
6. Fantasy is a kind of story that is made-up or imagined.

Safe Eating on the Go

1. You get a food borne illness by eating spoiled foods.
2. Foods that should be kept cold in a packed meal are: meat/tuna/egg sandwiches, milk, cheese, yogurt, opened canned foods, fresh vegetables, rice, and pastas.
3. Put an ice pack in your packed meal to keep it cold.

4. You can avoid getting a food borne illness by preparing your food with clean hands, clean equipment, and in a clean area.
5. Foods that do not need to be kept cold in a packed meal are: peanut butter sandwiches, cookies, crackers, chips, breads, fresh fruit, and unopened canned foods.
6. Yes, if you take food out of refrigerator to put into your meal, you need to keep it cold.
7. You can make your own ice pack by freezing water in a plastic container with a tight fitting lid, such as a water bottle.

A Speed Limit Myth

1. Exceed means to go beyond.
2. “A Speed Limit Myth” is a good title for this reading because many people think it’s O.K. to go five to seven miles over the speed limit. They think they will only be given a ticket if their caught going over the limit by 10 or more miles per hour. This is a myth – it is not true.
3. The person who received the ticket was going 77 – 78 miles per hour on a 70 mile per hour highway.
4. Issues means to make or give out.
5. Speeding is not O.K. for any reason.
6. Appropriate means right for a situation.
7. Speed is the main cause of fatal crashes in Minnesota.

State Symbols

1. The two names of Minnesota’s state tree are the Norway pine and the red pine.
2. Lady slippers grow in swamps, bogs, and damp woods.
3. The lady slipper is one of the rarest wildflowers and grows very slowly.
4. Every state has its own state flag and state flower... 50 states have a state flag and state flower.
5. You can read more about MN state symbols in a pamphlet called “Minnesota Fun Facts”.
6. The lady slipper blooms in the summer.
7. The country of Norway is mentioned in both the State Bird and State Tree descriptions. (Norway pine; Loon comes from a Norwegian word that means wild, sad cry.)

Tom Lost His Job

1. Tom felt he was a good provider because he could take care of his family’s needs for nice housing, good food, and nice clothing.
2. Depressed means to feel sad and hopeless.
3. Being or feeling positive means having a good outlook/attitude – feeling hopeful and good about one’s self and one’s life. Being or feeling negative is just the opposite.
4. Tom created a healthier mind and body by deciding to

make some change in his life. He changed his sleep and exercise habits. He established a healthy morning routine.

5. Being committed means dedicating, devoting or pledging to do something.
6. A job counselor at the Workforce Center gave Tom the referral.
7. Tom wants to meet with a mental health professional because he wants to continue making positive changes in his life.

TV Parental Guidelines

1. Mimic means to copy someone or something; to imitate.
2. Answers will vary, there is no specific definition. Students need to create their own definition based on their understanding of the text.
3. A TVY program is okay for all children, even young ones; whereas a TV7 program is only okay for children ages 7 and above.
4. A TVMA guideline means the TV program is for mature viewers only. It is not a good show for children under 17 years of age.
5. Rosa's nine year old should watch programs that have a TVY, TV7, or TVG rating.
6. Rosa youngest child is three. Programs that would be okay for her youngest child to watch are those with a TVY and TVG rating.
7. TV programs affect children's behavior. Children mimic what they see and hear on TV.

Using an ATM

1. At an ATM you can withdraw money from your account, deposit money in your account, or find out information about your account balance.
2. You can access checking, savings, and money market accounts from an ATM.
3. Millions of people use ATMs because they offer a 24-hour-a-day, 365 days a year means of withdrawing or depositing money from their accounts.
4. You should not write your PIN on your ATM card because the safety of your bank accounts could be compromised. A person would have easy access to your money if they stole your ATM card and knew your PIN.
5. A withdrawal is the removal or taking away of something (like money in this instance).
6. A deposit is the putting of money into a financial account.
7. A person should keep their ATM receipts and compare them with their monthly bank statements in order to confirm transactions are correctly recorded.
8. Using an ATM can be costly because some companies charge fees to the use their cards and/or high interest rates on borrowed money.

Volunteering in Your Community

1. Volunteer means to do something good without receiving payment for your good works.
2. It's fun and rewarding. It makes your community a healthier and safer place, and you help people meet their needs.
3. People can volunteer at schools, hospitals, places of worship, and in their neighborhood.
4. Libraries, fire and police departments, schools, and places of worship are services in communities.
5. Anyone, young or old, can volunteer.
6. A community is the area where you and your neighbors live, work and play.
7. Reward means something that pleases or satisfies – something that makes you feel good.

Wanted – A Good Repair Shop

1. John got his car repaired at Frank's Auto Clinic because people he knew recommended it and because he felt comfortable with the place – he went in and asked a number of questions prior to scheduling the repair work for his car.
2. A diagnostic charge is a fee some repair shops charge for diagnosing or identifying the problem areas of a vehicle.
3. Yes, John is pleased with the service he received at Frank's Auto Clinic. He will recommend the repair shop to others who need work done on their vehicles.
4. Repair shops either charge a flat rate for labor and parts or they charge on the basis of the actual time spent working on the repair, plus cost of parts.
5. An estimate is a careful guess about the value of something or how much something will cost. John likes to receive a written and signed copy because he wants to know exactly what needs to be repaired, the parts that will be needed, and the anticipated charges.
6. He wanted to get his car fixed as soon as possible because it was soon winter. He did not want to be operating an unreliable car during the winter season.
7. John received a completed repair order that described all of the work that was done on his car.

Where Are Your Cell Phone Manners?

1. "Cell yell" is loud conversations in public places.
2. Etiquette means the rules of good social behavior and manners.
3. Cell phone use has increased in the last fifteen years by over 185.7 million users.
4. Cell phone calls are carried through the air via electromagnetic waves.
5. Good manners of cell phone use include:
 - A. Keep ringer on low-volume or on vibrate.
 - B. Turn off cell phones in places that have rules

against cell phone use.

C. Respect the space of those around you. Keep your voice low/soft when talking on a cell phone.

D. Turn off your cell phone in movie theaters, places of worship, lecture halls, etc.

6. Answers may vary - Respect means being thought of with a polite attitude.
7. Cell phones should not be used in airplanes because cell calls' electromagnetic waves could cause the airplanes' electronic devices and computers to fail.

Young Children and Water

1. Without its support brace, the bath tub seat probably malfunctioned and contributed to the young child's drowning. Plus, no one was present in the bathroom to monitor the child.
2. Unresponsive means not answering, replying or responding.
3. The death of the 2 year old teaches us that a child can drown in a very small amount of water – he drowned in six inches of water. It also cautions us to examine our surroundings and to look for containers (such as planters) that could or do hold water.
4. We know that the drowning deaths of young children are a national concern because the U.S. Consumer Product Safety Commission reports that drowning is the second leading cause of death to children under age 5.
5. Yes, these deaths probably could have been prevented. Parents/caregivers can never be too cautious when it comes to water and young children – they need to be diligent in their supervision and aware of their surroundings.
6. The pool was screened-in; the screen surrounding the pool was the safety measure, however, there was a small tear in the screen and the 19 month old climbed through it.
7. Young children could drown in a swimming pool, a bath tub, a bucket, or a large planter – anything that could hold even a small amount of water.