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Directions

Look at the pictures. Listen to the question about the pictures. Then answer the question.

Police officers are public servants who help to make neighborhoods safer. In some neighborhoods, officers patrol in cars. They drive through slowly to keep an eye out for anything unusual. Officers in cars can respond quickly to problems. In other places, officers may patrol a neighborhood on foot. They walk through their assigned neighborhood. They get to know the people who live there. The neighbors may tell them when there are problems.



3. Which is better for your neighborhood, police in a patrol car or on foot? Why do you think so?

4 The Neighborhood

SPEAKING



Directions

Look at the picture. Listen to the question about the picture. Then answer the question.

Hakim walks through his neighborhood. Hakim likes his neighbors. He wants to be a good neighbor.



4. What type of characteristics does a good neighbor have, and what does a good neighbor do?

The Body's Challenges



LISTENING

Directions

You will hear a passage read to you. Then you will hear questions about the passage. Fill in the correct circle for each question.

King Midas



Do not turn the page until you are told to do so.



1. Which phrase from the passage helps you understand how Midas feels about receiving his wish?

- (A) Slowly, gently
- (B) Leaping forward
- (C) Nearly cried
- (D) Shaking with joy

2. What does the word consternation mean in this sentence?

- (A) Amusement
- (B) Dismay
- (C) Glee
- (D) Fear

3. What word or phrase tells the main idea of this passage?

- (A) Forsee the problems
- (B) The greed and ignorance of mortals
- (C) Turn to gold
- (D) Bacchus



Directions

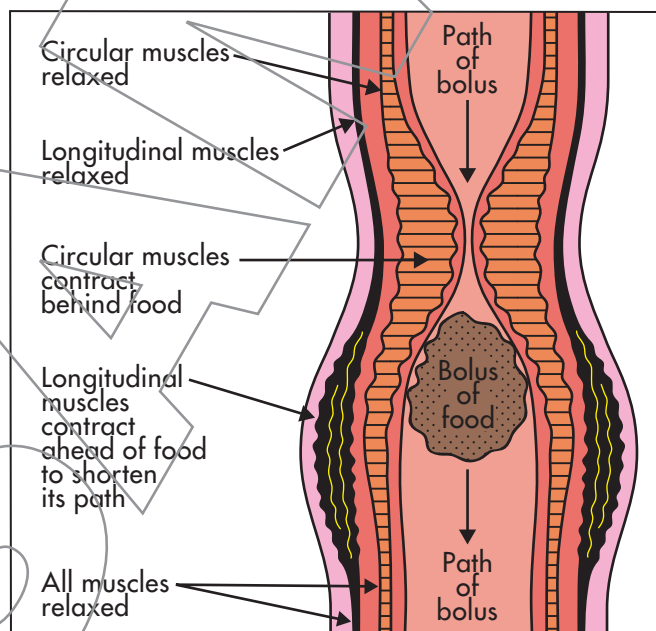
Read the passage. Then answer the questions that follow. Fill in the correct circle.

Moving Right Along

1 Astronauts in space are weightless. You've probably seen images of them floating around the space shuttle as they conduct experiments, run tests, and even eat and drink unfettered by the pull of gravity. Perhaps you have wondered how they keep food down. How can food pass through their digestive systems while they're floating upside down?

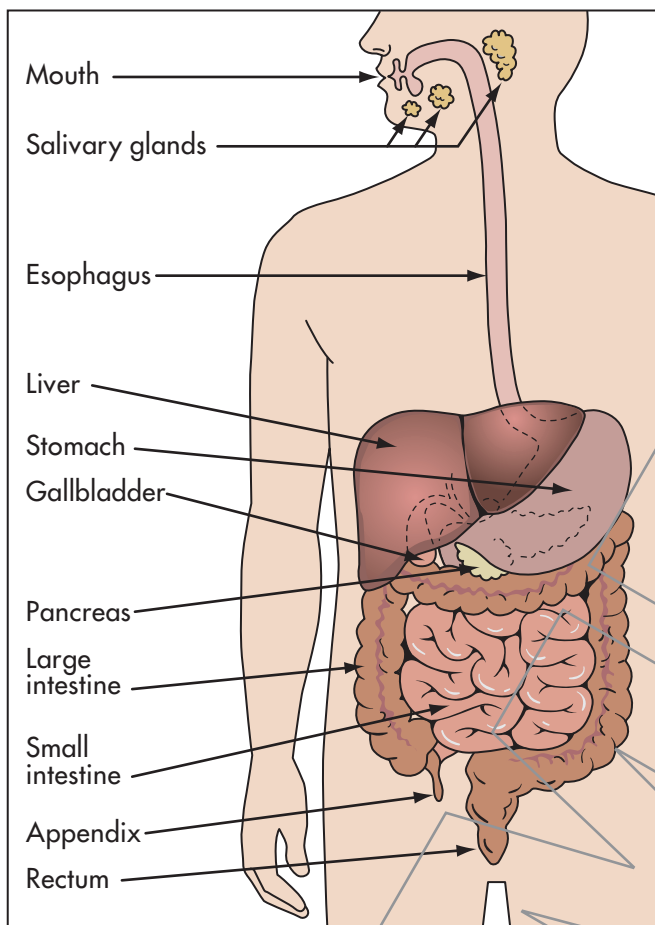
2 It's true that food moves down our bodies, but digestion does not work by means of gravity. It depends on a process of muscle action called peristalsis. Peristalsis is a complicated process, but there's a simple way to picture it. Have you ever lost a drawstring from a sweatshirt and had to work it back in? You push a bit of the drawstring through with your fingers, bunching up the cloth. Then you pull the cloth smooth behind it. You repeat the process little by little until the string is through. The biological process of peristalsis works somewhat like that.

PERISTALSIS IN THE ESOPHAGUS





HUMAN DIGESTIVE SYSTEM



3 So now that you understand peristalsis, let's return to digestion. Digestion is the process of breaking down nutrients, that is, food, from the environment into molecules and transferring them into the circulatory system. The blood then does its job of transporting the nutrients to the cells, where they are used in various cellular functions. The human digestive system is a tube six to nine meters (20 to 30 feet) long, and consists of several parts: mouth, esophagus, stomach, small intestine, and large intestine. In each part, muscle action and chemicals produced by the body help process nutrients. In the mouth, you control the muscle action by pushing food against your teeth with your tongue, chewing, and swallowing. Swallowing pushes the soft, wet mass, called a bolus, into the esophagus. From there, peristalsis takes over.

4 You have no control over peristalsis; it is an autonomic function of your nerves and muscles. The presence of a bolus in the food tube stimulates muscles above the bolus to contract, while simultaneously other nerves stimulate muscles below the bolus to relax. The bolus is pushed along little by little, down the esophagus to the stomach.



5 In the stomach, this partly digested food is mixed with chemicals, including enzymes, and further broken down. The processed food, called chyme, is then pushed by peristalsis from the stomach into the small intestine, where most of the work of digestion actually takes place, aided by chemicals from the liver and gallbladder. Peristalsis pushes the digested nutrients through the intestine, where the broken-down carbohydrates, fats, and proteins are absorbed into the blood. Indigestible waste moves by peristalsis into the large intestine. There, water and salts are absorbed. Finally, peristalsis moves the waste into the rectum. From there it is passed out of the body.

6 You can't observe peristalsis in your own body, of course, but you can observe it in nature. Have you ever seen the way an earthworm moves? One part of its body contracts while another part stretches. That's peristalsis in action. And peristalsis happens that way whether you are sitting at a table in the lunchroom or floating in space.

1. What is the central focus of this passage?
- (A) Space shuttle astronauts
 - (B) The functions of organs in the human digestive system
 - (C) The breakdown and absorption of nutrients in food
 - (D) The process of peristalsis in the human digestive system



2. Which phrase from the passage describes what happens when a bolus is in the esophagus?

- (A) Mixed with chemicals
- (B) Absorbed into the blood
- (C) Passed out of the body
- (D) Stimulates muscles above the bolus to contract

3. Read these sentences from the passage again.

“You have no control over peristalsis; it is an autonomic function of your nerves and muscles. The presence of a bolus in the food tube stimulates muscles above the bolus to contract, while simultaneously other nerves stimulate muscles below the bolus to relax.”

Which phrase helps you understand the meaning of autonomic?

- (A) Nerves and muscles
- (B) No control over
- (C) Stimulates muscles
- (D) Presence of a bolus

7 The Body's Challenges

WRITING



Now read the directions below.

Peristalsis is an important function in your body that you have no control over. What are some other things that your body does on its own, without your control? Write one paragraph explaining two autonomic functions of your body. Use information from the passage and your own ideas to support your answer.

Plan Your Answer

Use the space below to plan your writing and organize your thoughts. Do NOT write your final answer on this page. Your writing on this page will NOT be scored.

Write your final answer on the next page.

GO ON 



Handwriting practice lines with a large 'STOP' watermark.

Check Your Work

- Write about the topic.
- Plan your writing from beginning to end.
- Use your own ideas and ideas from the passage.
- Support your answer with details.
- Write complete sentences.
- Use correct grammar, punctuation, and spelling.



STOP

