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Before We Read

MY LEARNING GOALS

I can

- ☐ tell what I know about healthy choices.
- ☐ tell facts from opinions.

Living a Healthy Life

Being healthy is all about making good choices. Some foods provide your body with what it needs to grow. Others are full of empty calories. It is important to eat lots of good foods and as few bad foods as possible. That way your body will have the energy that it needs. You also need to exercise both your body and your mind to be a healthy person.



Before We Read

Telling Fact from Opinion

Most articles contain both facts and opinions. A **fact** can be proved. An **opinion** is what someone thinks, feels, or believes. It cannot be proved. Be careful to note the difference while you read.

Sometimes you can tell facts right away. Facts can be dates. Or, they might be something you can find in a reference book.

Words that tell personal thoughts or feelings signal opinions. Look for signal words such as *better*, *best*, *worst*, *most*, *should*, or *always* when you read.

Tell what proof you have that the sentence is a fact or an opinion.

Fact	Proof
This package of strawberries weighs 480 grams.	<hr/> <hr/> <hr/> <hr/>
Opinion	Proof
Strawberries taste wonderful.	This is what someone thinks; it cannot be proved.





MY LEARNING GOALS

I can

- ☐ read and understand an informational text.
- ☐ recognize facts and opinions.

Building a Healthy Body and Mind

People say, “You are what you eat.” You could also say, “You are what you do.” The choices you make every day affect how you look and feel. Your body is growing and building itself. The choices you make now help you become a strong and healthy adult.

Food for Thought

Think about each of these situations and mark what you would choose. Then read on. Decide if you think you made the best choice

Which would you choose for breakfast?

- _____ Scrambled eggs and bacon
- _____ Whole-wheat toast with peanut butter
- _____ Jelly doughnut



Highlight the word that means “the events and conditions that affect someone at a certain time and place.”



What is your favorite breakfast?

My favorite breakfast is _____.



Let's Read

Scrambled eggs and bacon are a classic American breakfast. Eggs and bacon both have protein. Everyone needs protein, especially in the morning. Meat, eggs, and nuts all provide protein for the body to build and repair muscles.

Peanut butter is another way to get protein. Peanut butter on whole-wheat toast makes a healthy breakfast. You should add a piece of fruit and a glass of milk to make a complete breakfast.

A jelly doughnut has lots of carbohydrates. Good carbohydrates in the form of breads, pasta, cereal, and beans give the body energy. But a doughnut has “empty” carbohydrates. They might give you a spurt of energy, but it won’t last long. A jelly doughnut does not contain many nutrients your body can use for energy and growth.

Which would you choose to drink?

- ☐ Milk
- ☐ Soft drink
- ☐ Water



Circle the word that means “the ability to work and play.”



Why do you think you should eat different kinds of foods?

Different kinds of foods give your body _____.



Milk is a good source of calcium and protein. Young people need calcium to grow strong bones and teeth. In order to get calcium, you should drink three glasses of milk every day.

Soft drinks have “empty” calories. They also have lots of sugar. It’s okay to have a soft drink once in a while. But these drinks have no nutritional value. They just provide calories. If you are not active enough to burn off all the calories you eat, they are stored in your body as fat.

Water is essential for the body. Your body is 55 to 75 percent water. Every day your body loses water. That water needs to be replaced. The best way to get the water your body needs is to drink water. You should drink about eight glasses of water every day.

Away from the Dinner Table

Which would you choose to do in your free time?

- ☐ Play a video or computer game
- ☐ Read a book
- ☐ Ride your bike



Underline the word that means “absolutely necessary.”



Some drinks are called by more than one name. What is another name for *soft drink*?

_____ is another name for *soft drink*.



Let's Read

Playing video and computer games may help you react quickly with your muscles. But staring at a television or computer screen for a long time can also hurt your eyes. The real problem with these types of games is when you play them instead of playing physical games outside. Physical play is important for building muscles and bones. It also helps you stay at a healthy weight. Physical play uses up the calories you take in.



Riding your bike is just one example of the physical play you need every day. You may prefer skating, swimming, or another activity. To be healthy and fit now and to make your body strong for the future, you should be physically active for 60 minutes every day.

Reading is the most important activity for exercising your mind. The reading you do in school is important. But the reading you do on your own is even more important. The more you read, the better you read and the more you know about the subjects you are reading about.



Circle the reason that you should not look at a screen for a long time.



How do you spend your free time?

I _____ in my free time.

Fill in the chart below with facts and opinions from the passage.

[illegible]



Let's Read

What Did You Learn?

Think about what you learned from the passage. Then circle the letter of the correct answer.

1. Good carbohydrates give the body _____.
 - A water
 - B protein
 - C energy
 - D calcium
2. Which word in the section “Food for Thought” means “a sudden and usually temporary growth of activity”?
 - A spurt
 - B source
 - C choice
 - D energy
3. What is the main idea of this passage?
 - A Good carbohydrates include doughnuts.
 - B Reading is important for exercising the mind.
 - C Foods in the milk group are a good source of calcium.
 - D The choices you make now help you become a strong, healthy adult.
4. Physical play helps you _____.
 - A exercise your mind
 - B replace the water in your body
 - C react quickly with your muscles
 - D keep from becoming overweight



Listen and Discuss

MY LEARNING GOALS

I can

- ☐ listen to a passage about staying healthy.
- ☐ use language to talk about food.

Listen to a passage about keeping your body healthy. While you listen the second time, take notes on the chart.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

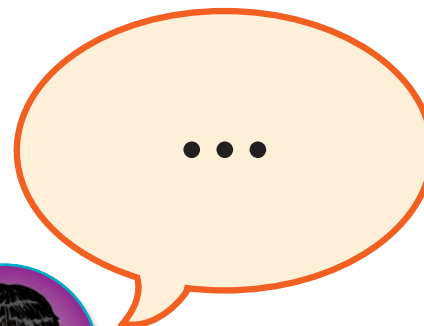




Listen and Discuss



What types of foods
give you protein to
build your body?



Learning About Language

Homophones

Homophones are words that sound the same but have different meanings. They also have different spellings.

One means “the number 1.” *Won* means “the past tense of *win*.”

Riding your bike is just **one** example of the physical play you need every day.

The Pirates **won** the championship baseball game.

Read the sentences from the passage. Circle the correct homophone to complete each sentence.

1. _____, eggs, and nuts all provide protein for the
(Meat Meet)
body to build and repair muscles.
2. You should add a _____ of fruit and a glass of
(piece peace)
milk to make a complete breakfast.
3. It also helps you stay at a healthy _____.
(wait weight)
4. You could also say, “You are what you _____. ”
(due do)
5. That water needs to _____ replaced.
(bee be)

MY LEARNING GOALS

I can

- ☐ identify homophones.
- ☐ use homophones correctly in a sentence.



Learning About Language

Circle the correct homophone to complete each sentence.

1. Would you like your whole-wheat bagel _____
or with cream cheese? (plane plain)
2. Did you see the _____ fly overhead?
(plane plain)
3. Sara _____ vegetable soup for lunch.
(eight ate)
4. There are _____ tomatoes on that
plant. (eight ate)



Draw a line to match the homophones in each column.

- | | |
|------------|---------|
| 1. weather | pair |
| 2. hire | sealing |
| 3. bare | dew |
| 4. pear | choose |
| 5. due | whether |
| 6. chews | higher |
| 7. ceiling | bear |



Write About It

MY LEARNING GOALS

I can

- ☐ write about my opinion.
- ☐ support my opinion with facts.

An **opinion** is what you think or believe. **Facts** can be proven. They are often used to support an opinion.

Imagine your town or city is thinking about creating a bike trail. Some people think the bike trail is a great idea. Others think that the bike trail should not be created. What is your opinion about creating a bike trail? Would you like to see one in your town? Why or why not?

Plan My Writing

Write what you think or believe. Then write reasons or facts to support this opinion. Use this information in your writing.

I believe that the town _____
create a bike trail.

Reason 1: _____

Reason 2: _____

Reason 3: _____



Write About It

In my opinion, _____

One reason _____

Another reason _____

Most importantly, _____

In conclusion, I _____
