Alternative Method of Instruction

Grade 3

Day 2

Literacy: Grandpa and Me

Be sure to answer question 8 and question 9 in complete sentences.

Social Studies: Being a Good Citizen

Be sure to answer all of the questions in complete sentences.
Use the CAPS to check your answers.

C-Did I use a capital letter?
A-Did I answer the question?
P-Did I use the correct punctuation?
S-Do I have spaces between the words?

Math: 3rd Grade AMI Day 2

Write the equation and show your work in the box beside the problem

Science: 3rd Grade AMI Day 2

Read and answer all questions for the article “Eating a Balanced Diet”

Also Respond to the writing activity
Grandpa and Me

by Rachelle Kreisman

I am seven years old. I am in second grade, and I live with my parents and my little sister. My grandpa Robert lives nearby. When I visit him, my grandpa likes to talk about the past. His favorite stories are about his life when he was my age.

Grandpa grew up in a city. When he was a boy, he lived in an apartment building on the third floor. His dad owned a clothing store. Grandpa walked to and from school alone. After school, his friends often played baseball on the streets nearby. "We never played with computers," he told me, "because nobody had a computer at home." At night, his mom cooked dinner for just the two of them. His dad did not come home till very late.

My life is much different from Grandpa's life as a boy. I live in a house in a small town. My dad is a teacher, and my mom is a scientist. I take the bus to and from school. Dad is already home when I get there after school. I do homework and sometimes play on our computer. My dad cooks dinner. When mom comes home from work, the three of us eat together.
Name: ___________________________ Date: ______________

1. Where did Grandpa grow up?
   A. in a city
   B. in a small town
   C. on a farm

2. A narrator is a character in a story who is also telling the story. Who is the narrator in "Grandpa and Me"?
   A. Grandpa
   B. Grandpa's mom
   C. a young person who lives in a small town

3. The life of the narrator is different from the life of the narrator's grandpa.

   What evidence in the story best supports this statement?
   A. The name of the narrator's grandpa is Robert, but the author does not tell readers what the name of the narrator is.
   B. The narrator's dad is a teacher, but the dad of the narrator's grandpa owned a clothing store.
   C. The narrator sometimes plays on a computer after school, but Grandpa never played on a computer after school.

4. What is a similarity between the narrator and the narrator's grandpa?
   A. They both took a bus to get to school.
   B. They both played sports with their friends after school.
   C. They lived with both their parents while growing up.

5. What is the theme of this story?
   A. People can use the past to predict what the future will be.
   B. The past and the present can be very similar.
   C. The past and the present can be very different.
6. Read these sentences from the text.

"My dad cooks dinner. When mom comes home from work, the three of us eat together."

Whom does the pronoun "us" refer to?

A. the narrator, the narrator's mom, and the narrator's dad
B. the narrator and the narrator's mom ONLY
C. the narrator's mom and dad ONLY

7. Choose the answer that best completes this sentence.

The narrator takes a bus to school, _______ the narrator's grandfather walked to school.

A. so
B. because
C. but

8. What does Grandpa Robert like to talk about?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

9. Who did Grandpa eat dinner with as a boy and who does the narrator eat dinner with?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

10. "My life is much different from Grandpa's life as a boy."
Being a Good Citizen

There are many ways to be a good citizen.

Hello, neighbor!

When you have a picnic at the park, you clean up after yourself.

If you see a crime being committed, you call the police.

You respect your neighbors by being polite and kind to them.

You vote in elections.

Do you do any of the things above? Which ones?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What do you think it means to be a good citizen?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What else can you do to be a good citizen?

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________________________________________________________________________

________________________________________________________________________

On the back of this sheet, draw a picture below of yourself being a good citizen!
<table>
<thead>
<tr>
<th>Questions</th>
<th>Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is my number?</td>
<td></td>
</tr>
<tr>
<td>2 hundreds, 16 tens, and 4 ones</td>
<td></td>
</tr>
<tr>
<td>Kim has 45 USA stamps. Joey has 15 USA stamps and 12 stamps from other</td>
<td></td>
</tr>
<tr>
<td>countries. How many stamps do the boys have in all?</td>
<td></td>
</tr>
<tr>
<td>Kelly’s grandfather gave him a bag of marbles. There were 35 small</td>
<td></td>
</tr>
<tr>
<td>marbles. There were 24 large marbles. How many more marbles were small?</td>
<td></td>
</tr>
<tr>
<td>Craig has a twenty dollar bill. He buys six squirt guns for $2 each.</td>
<td></td>
</tr>
<tr>
<td>How much money did Craig have left?</td>
<td></td>
</tr>
<tr>
<td>Madison is reading a book that has 232 pages in it. She read 42 pages</td>
<td></td>
</tr>
<tr>
<td>over the weekend. Then she read 30 more pages on Monday night. How many</td>
<td></td>
</tr>
<tr>
<td>pages does Madison have left to read?</td>
<td></td>
</tr>
</tbody>
</table>
Lauren and Gina's mother told her daughters they can swim in the pool for 20 minutes. First, they swam laps in the pool for 7 minutes. Then, they swam underwater for one minute. Then, they played water polo for 8 minutes. How much longer can they stay in the pool?

Mia bought a sketchbook with 125 blank pages in it. She tears out 7 blank pages for her friend to draw on. Mia draws pictures on 64 pages. How many blank pages does she have left?

Round each number to the nearest ten.

21 - ____________
47 - ____________
594 - ____________
Eating a Balanced Diet

Eating a balanced diet means choosing a wide variety of foods and drinks from all the food groups. It also means eating certain things in moderation, namely saturated fat, cholesterol, refined sugar, and salt. The goal is to take in nutrients you need for health at the recommended levels.

Your balanced diet must be planned at your own calorie level, and portion size is key. You want to get the most nutrients for the calories by choosing food with a high-nutrient density. Nutrient-dense foods provide substantial amounts of vitamins and minerals and relatively few calories, such as fresh fruit and vegetables, lean meat and fish, and whole grains and beans. Low-nutrient dense foods have few vitamins but lots of calories, such as candy bars, soda, donuts and onion rings.

Necessary to the building, maintenance, and repair of body tissue like our skin, muscles, and internal organs, proteins are the major components of our immune system and hormones. When choosing protein-rich foods, pay attention to what else you are getting with that selection. Foods that are high in saturated fats will raise your blood cholesterol levels putting you at risk of heart disease or stroke. Vegetable sources of protein, such as nuts, beans, and whole grains are great choices and offer vitamins, minerals and healthy fibers. The best protein choices are poultry and fish. For those who love red meat, you should stick with the leanest cuts, choose moderate portion sizes, and make it only an occasional part of your diet.

Developing healthy eating habits is not as confusing or as restrictive as you may imagine. The first principle of a healthy diet is simply to eat a wide variety of foods. This is important because different foods make different nutritional contributions.

Fruits, vegetables, grains, and legumes—foods high in complex carbohydrates, fiber, vitamins, and minerals, low in fat and free of cholesterol—should make up the bulk of the calories you consume. The rest should come from low-fat dairy products, lean meat and poultry, and fish.
Eating a Balanced Diet Multiple Choice Questions

1. A balanced diet is the one which is
   a) Tasty
   b) Nutritious
   c) Healthy
   d) Option b and c

2. Your balanced diet must be planned at your own calorie level, and portion size is key. Is this statement correct or incorrect?
   a) Correct
   b) Incorrect

3. Fruits and vegetables are rich in
   a) Carbohydrates
   b) Vitamins
   c) Both a and b
   d) Fats

4. The best protein choices are
   a) Fish
   b) Poultry
   c) Both a and b options
   d) Pizza
Eating a Balanced Diet Writing Activity

1. What happens if you do not eat a balanced diet?

___________________________________________________________________________________________________________________________________________________________________________________________

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2. Give an example of a diet rich in proteins.

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3. Give an example of a diet rich in Carbohydrates.

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