Alternative Method of Instruction

Grade 3

Day 3

Literacy and Science: Seeds Need to Move
Be sure to answer question 8, 9, and 10 in complete sentences.

Writing: Watching a Movie or Playing in the Snow
Be sure to state your opinion and support it with a specific reason.

Math: 3rd Grade AMI Day 3
Write the equation and show your work in the box beside the problem.

Science: 3rd Grade AMI Day 3
Read and answer all questions for the article “Healthy Habits That Promote Wellness”
Also Respond to the writing activity
Seeds Need to Move
by Rachelle Kreisman

A plant starts life as a seed. When that seed grows into a plant, that plant makes new seeds. Those seeds, too, can grow and turn into more new plants.

But did you know that not every seed grows into a plant? To become a plant, a seed has to travel. That is because seeds need room to grow. A seed has to be far enough away from other plants so that it gets the sunlight and water it needs. If a seed falls to the ground too close to its parent plant, it may not grow.

Of course, wind can spread the seeds for many plants. But some plants depend on animals to move their seeds. Those seeds are called hitchhiker
seeds. They travel on something else that moves!

Many hitchhiker seeds are prickly. They have tiny rows of hooks. The hooks can stick to fur or feathers. Hitchhiker seeds can travel for miles on an animal's body. Then they fall off or are removed. If they fall in a place that is good for growing, the seeds will grow into plants, too!
1. What do seeds need to do to become a plant?
   A. stay near other plants
   B. make new seeds
   C. travel away from other plants

2. What kind of seed does this passage describe in detail?
   A. sunflower seed
   B. hitchhiker seed
   C. an animal's seed

3. Some plant seeds are made a certain way so that they will be able to travel.

What evidence from the text supports this conclusion?
   A. If a seed falls to the ground too close to its parent plant, it may not grow.
   B. Not every seed grows into a plant, because a seed needs to travel to become a plant.
   C. Hitchhiker seeds have tiny hooks so they can stick to animal fur or bird feathers.

4. Why might a seed not grow if it falls to the ground too close to its parent plant?
   A. The parent plant might take up all the sunlight and water that the seed needs to grow.
   B. The seed might not get pushed into the soil if it falls too close to the parent plant.
   C. The parent plant might give the seed all of its water, which is not good for the seed.

5. What is the main idea of this article?
   A. A seed has to move far away enough from other plants to become a plant because seeds need room to grow.
   B. Hitchhiker seeds can travel for miles on an animal's body, then fall off and grow into a plant.
   C. All seeds grow into plants, but only some plants are able to make new seeds.
6. Read these sentences from the text.

"But some plants depend on animals to move their seeds. Those seeds are called hitchhiker seeds. They travel on something else that moves!"

What does the phrase "depend on" most nearly mean in these sentences?

A. move
B. need
C. hold

7. Read these sentences from the text.

"Of course, wind can spread the seeds for many plants. But some plants depend on animals to move their seeds."

What does the word "their" refer to?

A. some plants
B. animals
C. the wind

8. What are hitchhiker seeds?
On a cold winter day, would you rather sit inside and watch movies while drinking hot chocolate or go outside and play in the snow? Why?
<table>
<thead>
<tr>
<th>Questions</th>
<th>Answers</th>
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<tbody>
<tr>
<td>Write each number in standard form.</td>
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<tr>
<td>a. one thousand, two hundred seven</td>
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<td>b. seven hundred sixty thousand, twenty-seven</td>
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<td>c. fifteen thousand, fifty-five</td>
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<td>d. eighty thousand, two hundred thirty-one</td>
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<td>Together Susan and Jill ate 100 blueberries in 3 days. Jill ate 57 berries. How many berries did Susan eat?</td>
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<td>Meadow Lawn Elementary School has 579 students. 293 of the students are girls. How many students are boys?</td>
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<td>Between the two of them, Larry and Gary</td>
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<td>Problems</td>
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<td>made one thousand fifty-three dollars mowing lawns last summer. Gary made 6 hundred seven dollars. How much money did Larry make last summer?</td>
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<td>Karen and Josh were picking strawberries. Karen picked 226 strawberries. Josh picked 193 strawberries. How many more strawberries did Karen pick than Josh?</td>
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<td>Mrs. Hill is collecting cereal box tops. She has 4 bags of box tops with 6 box tops in each bag. How many box tops does Mrs. Hill have?</td>
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<tr>
<td>Keesha has 5 tomato plants. Each plant has 7 tomatoes on it. How many tomatoes does Keesha have?</td>
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Healthy Habits That Promote Wellness

As humans, we develop habits that we follow throughout life. These habits save us time and mental energy, allowing us to perform many actions without using concentrated thought. While many of the typical person’s habits are healthy, most of us also develop a number of unhealthy habits over time. Conscious effort is necessary to adopt a new habit or change an unhealthy habit to a more beneficial one.

A Nutritious Diet

One of the most important healthy habits is to follow a nutritious diet each day. Eat a medium-sized breakfast, followed by a light lunch and dinner. Snack on whole grains, fat-free dairy products, nuts, seeds and fresh fruits and vegetables. Drink plenty of water and avoid sodas and foods high in cholesterol, saturated fats and sugars. Avoid eating large portions, and eat only when you are hungry, never because you are bored, emotionally taxed or stressed. A regular, nutritious diet is important to your physical health.

Adequate Sleep

Many doctors recommend maintaining the same sleep schedule seven days a week in order to keep the body accustomed to a routine. Sleep in a dark room without distractions such as music or other noise. If you regularly have difficulty falling or staying asleep, ask your physician about other ways to relax before bedtime.

Regular Exercise

The human body requires regular exercise for health, but many people fail to adopt good exercise habits. Regular exercise can help prevent chronic diseases, such as high blood pressure.

Stress Management

When life gets hectic, many individuals fail to develop healthy stress management habits. Talking and laughing with friends, watching a movie, taking a nature walk, reading a book or playing a game can all help reduce stress levels.
Healthy Habits That Promote Wellness

Multiple Choice Questions

1. Which of the following is NOT a healthy habit?
   a) Regular exercise
   b) Adequate sleep
   c) Smoking
   d) Playing with friends

2. According to doctors, we should sleep in a
   a) Dark room
   b) Noisy room
   c) A room in which music is being played
   d) Doesn't matter

3. Which of the following is an Unhealthy habit?
   a) Working hard
   b) Managing your stress
   c) Drinking soda
   d) Eating clean food

4. Which of the following helps us in reducing stress?
   a) Talking to friends about the situation
   b) Watching a movie with loved ones
   c) Reading books or playing games
   d) All of the above
Healthy Habits That Promote Wellness Writing Activity

1. What are healthy habits?

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2. What can happen to a person who has unhealthy habits?

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3. Give two examples each for healthy and unhealthy habits.

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