

Student Name _____ Teacher _____

Landis Elementary 4th Grade Virtual Learning

~ Day 2 ~ Verification Sheet

Submit this verification form & completed work to your classroom teacher

Activity	Maximum Time	Actual Time Spent	Parent Signature	Teacher Verification
Reading Activity	30 minutes			
Reading Skills Activity	10 minutes			
Math Facts	15 minutes			
Math Skills Practice Worksheet	30 minutes			
Library Activity	20 minutes			
Writing Activity Prompt	20 minutes			
Writing Grammar Skills	15 minutes			
Independent Reading - Extra reading time	20 minutes			

Independent Reading – Students are encouraged to spend 20 minutes a day reading independently over and above assigned times.

Moby Max – Students may access the Moby Max using the following website: www.mobymax.com

Spelling City – Students may access help in spelling and spelling activities. www.spellingcity.com

Pearson Envision Math – Math activities accessible here. www.pearsonsuccessnet.com

Art – Students may explore and create by going to: www.crayola.com or www.artsmartindiana.org

Typing Web – Students can complete keyboarding practice: www.typingweb.com

Teachers are available for student questions from 8:00 until 3:10. If your students have any questions about their assignment, they are welcome to email their teacher to help them.

Mrs. Miley – mileyk@lcsc.k12.in.us

Mrs. Leonard – leonarda@lcsc.k12.in.us

Mrs. Scott – scottm@lcsc.k12.in.us

Mrs. Graham – grahams@lcsc.k12.in.us

Mr. Dominick – dominickg@lcsc.k12.in.us

Miss McKinzie – mckinziea@lcsc.k12.in.us

Mrs. Peattie – peattiec@lcsc.k12.in.us

Mrs. Bennett – bennette@lcsc.k12.in.us

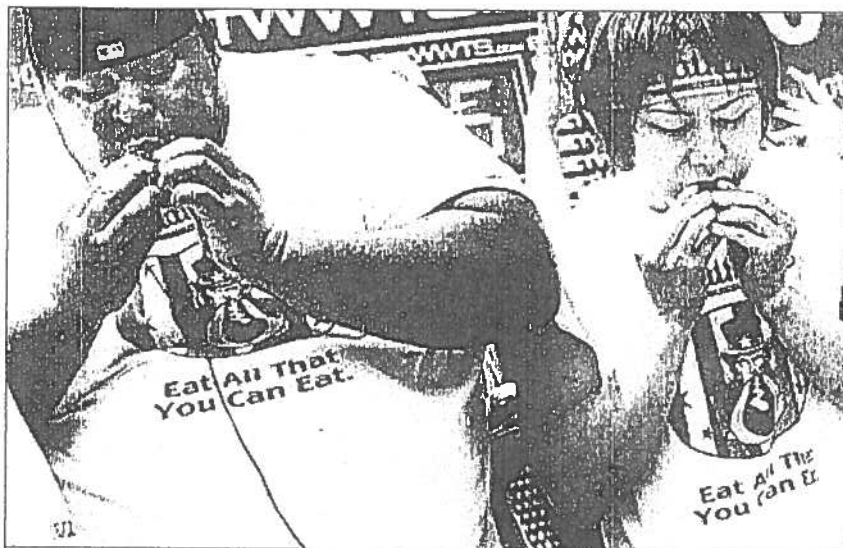
To find your activities online, please go to:

www.lcsc.k12.in.us and click on Virtual Learning or to the Landis website. Any password questions may be answered by calling our office at 574-722-LION (5466) or contact the teacher at their above email address for any questions on your passwords. Thank you for your flexibility and support as we work through our Virtual Learning!

Couch Potato Central

The United States has a "big" problem. People are gaining weight—and they are getting larger at an alarming rate. According to the U.S. Centers for Disease Control and Prevention, approximately 59 million adults in the United States are **obese**, or severely overweight.

It's not just adults who have expanding waistlines. Over the past 20 years, the percentage of overweight kids in the United States has doubled. About 15 percent, or 9 million kids, are overweight today. That is one out of every six kids.



Chris Hondros/AFP/Getty Images

Obesity is becoming a serious dietary problem in the United States.

Being overweight can lead to serious health problems, such as heart disease and diabetes, later in life. "Obesity...is now the most serious dietary problem affecting the health of American children," said nutrition expert Marion Nestle.

Tipping the Scales

So why are so many people packing on the pounds? People gain weight when they take in more **calories** than they use up through activity. A calorie is a measure of the amount of energy from food.

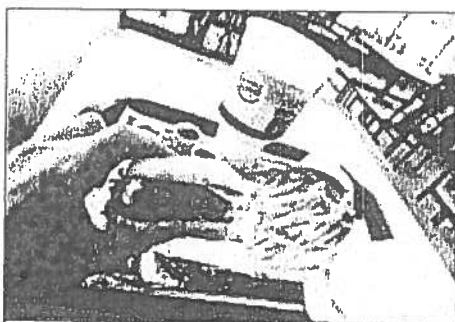
Exercise burns calories, but kids today aren't moving as much as kids did in the past. Studies show that kids spend more time than ever before watching television, playing video games, and sitting at computers.

Some schools have also dropped recess in favor of more classroom time. Other schools have cut back on their physical education programs.

At the same time, portions at many fast-food restaurants have become supersized. In 1957, the average hamburger weighed 1 ounce and had 210 calories. Today, it has grown to 6 ounces and contains 618 calories.

Many people can't resist the larger portion sizes and have included more fries, burgers, and other fast foods in their diets. On average, it is estimated that an American kid eats a fast-food meal once every three days.

Megameals can't take all the blame. Each year, kids are exposed to more than 10,000 television ads for candy, soft drinks, and other sugary snacks. Very few television ads promote healthful foods, such as fruits and vegetables.



Joe Raedle/Getty Images

On average, an American kid eats a fast-food meal once every three days.

Battling the Bulge



USDA.gov

Many schools are changing their lunch programs to include more fruits and vegetables.

To help fight the problem, the U.S. government recently issued new guidelines for healthful eating. The guidelines recommend that kids exercise for at least 60 minutes a day and eat more fruits, vegetables, and whole grains.

Parents, schools, and health officials are also helping kids battle the bulge. Even some fast-food restaurants are working to make their meals more healthful.

Schools in California, Texas, and New York toughened their junk food policies. They have **banned**¹ soft drinks and other junk food. Candy and other sugary snacks in school vending machines are being replaced with more healthful choices, such as nuts, bottled water, and granola bars. Schools are also reworking their lunch programs to include more fruits and vegetables.

In addition, some schools are motivating couch potatoes to get up and move. Those schools are finding new ways of encouraging physical activity in students. In Hortonville, Wisconsin, gym classes are teaching kids that exercise can be fun. Kids go in-line skating and dance to videos. One Hortonville school has even raised money for a rock-climbing wall.

Are these fun programs working? Eleven-year-old Logan Beck from Wisconsin thinks so. He says that the mix of fun things makes him "more active."

¹ **ban:** to forbid

Name: _____ Date: _____

1. According to the passage, about how many kids are overweight in the United States?
 - A 10,000
 - B 20 million
 - C 25 million
 - D 100 million

2. Being severely overweight can lead to serious health problems for kids later in life. Which of the following does the passage suggest as a *solution* to kids for keeping their bodies fit?
 - A eat more fruits, vegetables, and whole grains
 - B get at least 60 minutes of exercise each day
 - C remove soft drinks and junk food from school vending machines
 - D all of the above

3. Which of the following conclusions about the obesity problem is supported by this passage?
 - A Many factors contribute to the obesity problem.
 - B Supersized portions at fast-food restaurants are completely to blame.
 - C Ads on TV will start promoting healthy foods.
 - D American kids don't eat that much fast food.

4. Read the following sentence from the passage: "Many people can't resist the larger portion sizes and have included more fries, burgers, and other fast foods in their diets."

In this sentence, the word **resist** means

 - A taste
 - B widely accept
 - C cook
 - D stay away from

5. Which statement best describes the central idea of this passage?
 - A The U.S. government recently issued guidelines for healthful eating.
 - B Portions at many fast-food restaurants have gotten bigger.
 - C Obesity is a growing problem in the United States.
 - D Some schools have toughened their junk food policies.

6. Why has obesity become such a big problem in the United States?

7. How might schools that find ways to encourage fun physical activity help kids lead more active lives in the future? Cite evidence from the text to support your answer.

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

The percentage of overweight kids in America has doubled over the past 20 years, _____ the U.S. government issued guidelines for healthful eating and exercise.

- A next
- B after
- C so
- D before

9. Answer the following questions based on the sentence below.

In the United States, kids can help their bodies stay healthy by eating right and exercising regularly.

Who? _____

(can do) What? _____

Where? _____

How? by eating right and exercising regularly

10. **Vocabulary Word:** ban: to forbid.

Use the vocabulary word in a sentence: _____

Name: _____

Date: _____

4th Grade Sound Alikes - List 3

WhichWord - Parts of Speech

Circle the letter that indicates the correct part of speech for the underlined word.

- 1) A boar is an adult male pig.
A. verb B. adjective
C. text D. noun
- 2) There are seven days in a week.
A. conjunction B. noun
C. adjective D. verb
- 3) My favorite flower is a yellow daisy.
A. verb B. adjective
C. noun D. possessive
- 4) The weak branch broke in the strong wind.
A. noun B. adjective
C. verb D. adverb
- 5) He lives in a suite made up of four rooms.
A. verb B. noun
C. adjective D. conjunction
- 6) Bore a hole through the wood with a drill.
A. adjective B. verb
C. contraction D. noun
- 7) Grind the wheat to make a powdery flour.
A. noun B. verb
C. adjective D. interjection
- 8) I had nothing to do, so I felt really bored.
A. phrase B. verb
C. adjective D. noun
- 9) Use a flat wooden board to make a shelf.
A. adjective B. verb
C. noun D. interjection
- 10) The sugar in cookies gives them a sweet taste.
A. adjective B. noun
C. verb D. article

Name: _____ Date: _____

$5 \times 1 =$ $8 + 7 =$ $30 \div 6 =$ $9 \times 5 =$ $18 \div 2 =$ $48 \div 6 =$

$2 + 4 =$ $32 \div 4 =$ $2 \div 2 =$ $7 + 7 =$ $10 - 6 =$ $8 + 6 =$

$7 - 3 =$ $8 - 7 =$ $15 \div 3 =$ $10 - 3 =$ $24 \div 6 =$ $9 - 2 =$

$6 + 5 =$ $1 + 9 =$ $3 + 9 =$ $2 \times 1 =$ $3 \times 4 =$ $3 - 1 =$

$3 \times 3 =$ $8 \div 1 =$ $3 + 7 =$ $2 \times 5 =$ $1 + 7 =$ $4 + 6 =$

$17 - 8 =$ $10 \div 2 =$ $7 - 6 =$ $6 + 9 =$ $5 - 4 =$ $8 \div 8 =$

$9 - 5 =$ $12 - 8 =$ $16 \div 4 =$ $40 \div 8 =$ $40 \div 5 =$ $12 - 5 =$

$2 + 7 =$ $10 - 8 =$ $5 + 9 =$ $1 \times 6 =$ $15 \div 5 =$ $24 \div 8 =$

$12 \div 6 =$ $4 \times 3 =$ $9 - 2 =$ $63 \div 9 =$ $6 \times 5 =$ $7 - 6 =$

$\begin{array}{r} 3 \\ \times 2 \\ \hline \end{array}$ $\begin{array}{r} 1 \\ + 2 \\ \hline \end{array}$ $\begin{array}{r} 8 \\ \times 7 \\ \hline \end{array}$ $\begin{array}{r} 24 \\ \div 6 \\ \hline \end{array}$ $\begin{array}{r} 2 \\ + 8 \\ \hline \end{array}$ $\begin{array}{r} 7 \\ \times 3 \\ \hline \end{array}$ $\begin{array}{r} 11 \\ - 9 \\ \hline \end{array}$ $\begin{array}{r} 7 \\ + 4 \\ \hline \end{array}$

$\begin{array}{r} 4 \\ \times 2 \\ \hline \end{array}$ $\begin{array}{r} 3 \\ + 1 \\ \hline \end{array}$ $\begin{array}{r} 3 \\ + 4 \\ \hline \end{array}$ $\begin{array}{r} 21 \\ \div 7 \\ \hline \end{array}$ $\begin{array}{r} 8 \\ - 6 \\ \hline \end{array}$ $\begin{array}{r} 63 \\ \div 7 \\ \hline \end{array}$ $\begin{array}{r} 30 \\ \div 5 \\ \hline \end{array}$ $\begin{array}{r} 6 \\ \div 3 \\ \hline \end{array}$


$\begin{array}{r} 7 \\ \times 8 \\ \hline \end{array}$ $\begin{array}{r} 3 \\ + 5 \\ \hline \end{array}$ $\begin{array}{r} 1 \\ + 8 \\ \hline \end{array}$ $\begin{array}{r} 10 \\ \div 2 \\ \hline \end{array}$ $\begin{array}{r} 6 \\ + 8 \\ \hline \end{array}$ $\begin{array}{r} 5 \\ - 1 \\ \hline \end{array}$ $\begin{array}{r} 13 \\ - 6 \\ \hline \end{array}$ $\begin{array}{r} 8 \\ + 4 \\ \hline \end{array}$

$\begin{array}{r} 7 \\ + 4 \\ \hline \end{array}$ $\begin{array}{r} 1 \\ \times 4 \\ \hline \end{array}$ $\begin{array}{r} 45 \\ \div 9 \\ \hline \end{array}$ $\begin{array}{r} 7 \\ \div 7 \\ \hline \end{array}$ $\begin{array}{r} 6 \\ - 5 \\ \hline \end{array}$ $\begin{array}{r} 7 \\ - 2 \\ \hline \end{array}$ $\begin{array}{r} 12 \\ - 7 \\ \hline \end{array}$ $\begin{array}{r} 6 \\ \div 2 \\ \hline \end{array}$

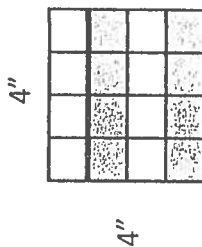
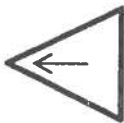
$\begin{array}{r} 25 \\ \div 5 \\ \hline \end{array}$ $\begin{array}{r} 18 \\ \div 9 \\ \hline \end{array}$ $\begin{array}{r} 12 \\ - 9 \\ \hline \end{array}$ $\begin{array}{r} 9 \\ \times 4 \\ \hline \end{array}$ $\begin{array}{r} 8 \\ \div 4 \\ \hline \end{array}$ $\begin{array}{r} 6 \\ \times 7 \\ \hline \end{array}$ $\begin{array}{r} 9 \\ + 6 \\ \hline \end{array}$ $\begin{array}{r} 2 \\ \times 8 \\ \hline \end{array}$

- $883 + 5,409 =$ _____
 $1,332 - 975 =$ _____
- _____ + $2,450 = 3,218$
_____ - $1,135 = 2,509$

In	Out
1 ft	12 in
2 ft	24 in
3 ft	
	48 in

- Fill in the table.
- If it is 5:30, what time was it 45 minutes ago? _____
- If $5 + 4 = 9$, then $50 + 40 =$ _____.
- Wyatt got to the grocery store at 5:18 p.m. He needed a lot of stuff, so he didn't leave until 6:37. How long was Wyatt at the grocery store? _____ 

- Is this angle acute, right, or obtuse? _____



- Perimeter: _____ Area: _____
- If $8 + 3 = 11$, then $80 + 30 =$ _____.

4. Jill and Sam had the same canvases to paint a picture on. Jill painted $\frac{1}{2}$ of her canvas, and Sam painted $\frac{1}{4}$ of his canvas. Who painted more? _____
Bonus: How much more? _____




- $4 \times 9 =$ _____ Fact _____ Family: _____

2. List all of the factors for 8:

3. Round 821 to the hundreds place: _____

4. $(4 \times 3) + 13 = 30 - n$ $n =$ _____

5. If $7 + 8 = 15$, then $70 + 80 =$ _____.

6. If each car will hold one driver and five students, how many cars will be needed to take Mrs. Embler's 28 students on their fieldtrip to the park? _____ 

















1. _____ $\times 7 = 49$ 2. _____ $\div 5 = 12$

3. What is the place and value of the bold digit? **8**72 _____

4. 399  401


5. Decompose 5×8 to make it easier.

6. How many more people liked pizza and fettuccini than hotdogs and tacos? _____


	Favorite Food			
Tacos				
Pizza				
Hotdogs				
Fettuccini				

$= 4$

1. $18 \div 9 =$ _____ Fact _____ Family: _____

2. This figure is a(n) _____.
How do you know? _____ 

3. If $12 + 8 = 20$, then $120 + 80 =$ _____.

4. Carla drinks a lot of water when she is training for her marathon. On Mondays through Fridays, she drinks 6 liters each day. On Saturdays, she drinks $\frac{1}{3}$ that amount. How much will Carla drink in 4 weeks? _____ 



Challenge Problem

(Try this problem if you finish early)

A machine changes the first number into the second number. Study the pattern and predict the rule the machine uses to change one number into another.

1	→	7
2	→	11
3	→	15
.	→	_____
10	→	43
.	→	_____
100	→	403

- What will the machine produce for 40? _____
- What will the machine produce for 50? _____
Describe the way the machine changes a number.
- The machine produced 907.
What number did it start with? _____



GRAMMAR SKILLS REVIEW DAY ONE

Capitalization

her friend lives on brock lane in new waverly, indiana.

Punctuation

Yes were freezing

Contractions

write the correct contraction:

does not _____ cannot _____ he is _____

Sentences

determine the sentence type:

Do you think that Tom will skate down at the Old Mill Pond?

Combining Sentences

The mitten is on the floor.
The mitten is red and green.

4th Grade Library ELearning Activity #1 Login to typingweb.com and complete 20 minutes of keyboarding practice **OR** complete the activity below. REMEMBER your typingweb password starts with les.

Name: _____

How many letters can you use?

Write a paragraph about a topic of your choice. When you're finished, color all the letters you used on the keyboard.

Topic: _____

~	!	@	#	\$	%	^	&	*	()	-	+	Delete
1	2	3	4	5	6	7	8	9	0	-	=		
Tab	Q	W	E	R	T	Y	U	I	O	P	{	}	
	[]	\										
Caps	A	S	D	F	G	H	J	K	L	:	"	Enter	
	;	'											
Shift	Z	X	C	V	B	N	M	<	>	?	Shift		
	,	.	/										
Ctrl		Alt								Alt		Ctrl	