

WRITING: LESSON 23

Today the students will practice planning for informative prompts in response to a text they read.

In the previous section of this curriculum, students learned how to plan for expository prompts using the IRC outline. Remind students that expository, explanatory, and informative all mean the same thing –to explain or give information. They will still be using an IRC outline to plan, but we will change the “R” to a “T.” The “T” stands for Topic. Instead of planning for random prompts, they will be planning for prompts in response to text that they have just read and write about 3 **T**opics.

Explain to students that for the state writing test, they will be given 2-4 passages to read that all have a similar topic/theme. After reading the text, they will be given a prompt that directs them to write something about what they just read. That is when they will need to plan their essay and then write a 5-paragraph essay just like they learned in the previous section.

Here are a couple of examples to explain to the students:

- Let’s say you just read three passages on saving the rainforest. You are then directed to write to the following prompt: **Think about how you can protect the rainforest. Using information from the text, explain what work you would do in order to save the rainforest.**
- Another example is if you were given two passages about the different U.S. presidents. After reading the passages you were given the following prompt: **Write to inform your reader about the different presidents who have been sworn into office in the United States.**

As you can see, for both examples your prompt is based on what you just read. Instead of just writing about your favorite animal or special person in your life, you will be writing about information you are given in text. When planning, you will need to come up with your 3 Topics (T1, T2, and T3) based on the text.

The following passages will be used in today’s lesson:

**History of the 4th of July
4th of July Celebrations**

Read passages aloud to the class, or you can read one aloud and have students independently read the other.

1. Write this prompt on the board:

After reading the articles, think about what you learned about the 4th of July. Now write to inform your reader about the 4th of July.

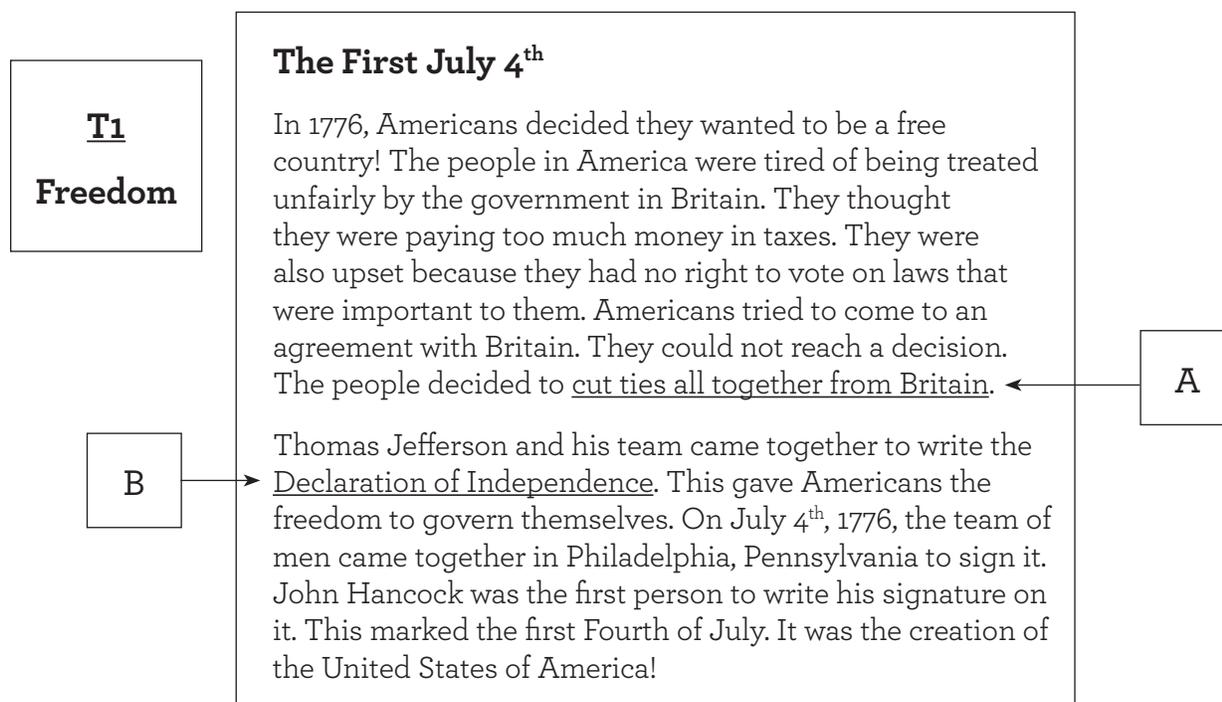
2. Using the ITC outline, model planning for this prompt.

****When planning for this, remind students that they are not coming up with 3 reasons. They are choosing 3 topics to teach/explain to their reader about the 4th of July. They can pick any 3 things they want from the passages, but they have to make sure they are BIG (broad) things that they can write a lot about.**

Students will have to read 2-4 passages. When picking the 3 topics, they do not have to use all of the passages. For example, if they have 4 passages, they may only use 2 of them to get their 3 topics from. They can use all of them, but they do not have to.

When picking their 3 topics, students need to put a box around the information and then label their “A” and “B.”

*see example below



In the example above, I chose “Freedom” to be my topic for T1. So I put a box around all of the information about “Freedom.” Then I underlined my two details about “Freedom” and labeled them as “A” and “B.”

Example Planning

I 4th of July

T1 Freedom a. Cut Ties w/Britain b. Declaration of Independence

T2 Celebrations a. Parades b. Ceremonies

T3 Activities a. Decorate b. Fireworks

C 4th of July

Some things to discuss while writing this outline: (*Think aloud as you write this.*)

- My 3 topics are big topics that I can write a lot about. These are all main topics that are discussed in the passages.
- My As and Bs are details/examples to further discuss my 3 topics.

The following passages will be used in this section of today's lesson:

The following passages will be used in today's lesson:

Famous Artist – Georgia O'Keeffe

Famous Artist – Diego Rivera

Famous Artist – Faith Ringgold

*When planning for this prompt, remember that you are choosing 3 topics to discuss in your essay. Depending on the articles/passages, sometimes it works best to use the titles and/or subheadings as your topics. Make sure you are choosing topics that have a lot of information. If there are only 2 sentences about a topic, that cannot be one that you pick. There has to be a lot of information about each topic you choose.

3. Read all 3 passages.
4. Write this prompt on the board:
There are several different artists important to history. Think about the famous artists you have learned about. Now write to inform your reader about these famous artists.
5. Using the ITC outline, have students plan for this prompt (10-15 minutes).
6. After they have planned, share planning ideas and compile a list of examples and non-examples on the board. Discuss what some good topics are (as well as ones that will not work) and make sure their As and Bs make sense.

Example:

I. Artists

T1. Georgia O'Keeffe a. Background b. Artwork

T2. Diego Rivera a. Mexican Heritage b. Mexican Artwork

T3. Faith Ringgold a. African American Heritage b. Influences

C. Artists

7. Review today's objective – planning for informative prompt. Explain that we are using the ITC outline and choosing 3 topics based on the text we are provided.

Document Camera

Name: _____

Directions: Plan for the following prompt.

***After reading the articles, think about what you learned about the 4th of July.
Now write to inform your reader about the 4th of July.***

I _____

T1 _____

a. _____

b. _____

T2 _____

a. _____

b. _____

T3 _____

a. _____

b. _____

C _____

Practice

Name: _____

Directions: Plan for the following prompt.

There are several different artists important to history. Think about the famous artists you have learned about. Now write to inform your reader about these famous artists.

I _____

T1 _____

a. _____

b. _____

T2 _____

a. _____

b. _____

T3 _____

a. _____

b. _____

C _____



Famous Artist – Georgia O’Keeffe

1 Georgia O’Keeffe was a female artist who was known for her large and colorful paintings of flowers and plants. Her paintings are displayed in museums all over the world.

2 Georgia O’Keeffe was born on a farmhouse in Wisconsin in 1887. She grew up with six brothers and sisters. Georgia had chores to complete on the farm, but during her free time, she liked to draw and paint. Her mother recognized her artistic abilities. She sent Georgia to private art lessons from a local artist. From the time she was 12 years old, Georgia knew that she wanted to become an artist.

3 In the early 1900s, it was difficult for a woman to become an artist. Women usually worked in the home raising children or as teachers. Women in the art field were not taken seriously. Most people thought women should paint for a hobby, not professionally. Georgia was determined to become a trained artist, and she knew that she needed to attend art school. After high school, Georgia went to the Art Institute of Chicago. While she was there, she enjoyed drawing funny pictures of her teachers, which were called caricatures.

4 After she graduated, Georgia faced challenges in getting a job. It was difficult for a new artist, especially a woman, to find work. Georgia went from job to job. For a few years, she worked as an art teacher. She became discouraged because she wanted to make a living creating her own paintings. She was so discouraged that she stopped painting for four years.

5 Georgia missed painting and decided that she would create art that expressed her feelings. She wanted to make art that spoke to people without using words. One of her friends saw her artwork and sent some of her sketches to a gallery without Georgia’s permission. Georgia was very upset. She was not confident that people would understand and like her work. When her work began selling in the gallery, Georgia realized that people embraced her style of painting.



6 Georgia combined her love of nature and art. She lived part-time in New Mexico. She was influenced by the colors and the landscape of the beautiful area where she lived. She painted the hills, rivers, and cliffs of New Mexico. She was inspired by the way sunlight changed the colors of the landscape throughout the day. One of her paintings sold for over 44 million dollars!

7 Georgia O’Keeffe is known as one of the most influential female artists in American history. She is remembered for her unique style of painting and for her love of nature.

“Famous Artist – Georgia O’Keeffe” written for educational purposes.



Famous Artist – Diego Rivera

8 Diego Rivera was a famous artist who was known for his colorful work that reflected real people living their everyday lives.

9 Diego Rivera was born in Mexico in 1886. He was always interested in creating art. When he was young, he would seek out artists in his town and study their methods. When Diego was ten years old, he left home to study at the San Carlos Academy of Fine Arts in Mexico City. Diego was the youngest student there. He also traveled to Europe to study the work of famous artists. While he was in Europe, he became friends with many artists, but he missed Mexico.

10 Diego was inspired by the lives of everyday people who lived in Mexico. He wanted to express the hopes and fears of the people that lived in his country. He was known for creating murals. A mural is a piece of artwork that is painted on a wall or ceiling. He painted people having fun at fiestas and carnivals. He painted people at parades wearing colorful masks and dancing in the streets. He wanted to capture the expressions of people that he saw in Mexico. Diego painted what he saw in real life.

11 He also painted serious subjects. Diego loved Mexico, but he did not like everything he saw in Mexico. When he saw people being treated unfairly, he was inspired to do something about it. He painted people protesting for fair wages and a better life. Diego loved his country and the people who lived there. He wanted to see everyone in Mexico have a better life and to be treated fairly.

12 Diego Rivera used his art to express his passion for the country of Mexico and the people who lived there. He wanted to make the world a better place. He used his murals to bring attention to the lives of the people in his country.

"Famous Artist – Diego Rivera" written for educational purposes.



Famous Artist – Faith Ringgold

13 Faith Ringgold is a famous African American artist and writer. Her work is displayed in major museums all around the world. She became famous for her unique art and inspirational books.

14 Faith Ringgold was born in 1930 in Harlem, New York. Many artists and musicians lived in Harlem. Faith grew up surrounded by creative people. Her mother was a fashion designer, and her father was known for telling stories that entertained friends and family. Faith had asthma and was often sick. She could not always run around and play with her friends outside. Her parents encouraged her to express her thoughts and feelings through drawing, painting, and writing.

15 Faith went to college and wanted to major in art. She was told that females had a hard time supporting themselves as artists. Most professional artists at that time were males. After she graduated, she became a teacher. She taught art in New York City for many years, but she never gave up on her dream to become an artist. She took art classes and studied with many famous artists.

Her art was influenced by the people and music that she was surrounded by during her childhood. Faith also included experiences that she had with segregation and her thoughts and feelings about the civil rights movement. Faith always encouraged African American women artists to express themselves and tell their stories through their art.

16 Faith loved to travel to different places. She visited art museums in France, Italy, Spain, and the Netherlands. Faith was inspired by paintings she saw that were framed with cloth. She began to use fabric to create quilts. Her quilts told stories about African American women and girls. Many of her quilts inspired her to write children's books. She wanted to combine her passion for art and storytelling. Faith published over 17 children's books. Her first book was *Tar Beach*. *Tar Beach* tells the story of a young girl who dreams that she flies over the city of Harlem and is free from judgment about the color of her skin. Faith used her own experiences as inspiration for her books and artwork.

"Famous Artist – Faith Ringgold" written for educational purposes.



History of the 4th of July

Why We Celebrate 4th of July

1 The Fourth of July is also known as Independence Day. We celebrate this holiday because it is the day America got its independence from a king in a country called Britain. This day represents the birthday of our nation.



The First July 4th

2 In 1776, Americans decided they wanted to be a free country! The people in America were tired of being treated unfairly by the government in Britain. They thought they were paying too much money in taxes. They were also upset because they had no right to vote on laws that were important to them. Americans tried to come to an agreement with Britain, but they could not reach a decision. The people decided to cut all ties with Britain.

3 Thomas Jefferson and his team came together to write the Declaration of Independence. This gave Americans the freedom to govern themselves. On July 4, 1776, the team of men came together to sign it in Philadelphia, Pennsylvania. John Hancock was the first person to write his signature on it. This marked the first Fourth of July. It was the creation of the United States of America!

The First Celebration

4 After the men signed the Declaration of Independence, the American people came together to celebrate. They were excited about their freedom from Britain. In the streets of Philadelphia, bands played and bells rang. The news quickly spread to other towns. They held big celebrations too. Our freedom is why we still celebrate the 4th of July, and it is celebrated all across the country today!

"History of the 4th of July" written for educational purposes.



4th of July Celebrations



5 Every summer, people in our country gather together to celebrate the 4th of July. We celebrate this holiday because it is the day we gained our independence from Britain. The Declaration of Independence was written to proclaim our freedom. A group of men signed it on July 4th, 1776, and that became the birthday of the United States of America.

6 John Adams was one of the men who signed the declaration. Afterward, he made a statement to his wife in a letter saying, "This day will be the most memorable in the history of America." Today, we still honor this day with celebrations all over the country.

Red, White, and Blue

7 On this day, Americans pay tribute to our country. They do so by displaying the patriotic colors of our nation. People celebrate by wearing red, white, and blue. Homes and businesses proudly fly the American flag. People often decorate their houses and invite loved ones over for barbecue.

Parades and Ceremonies

8 Many cities hold parades to honor this holiday. Our nation's capital, Washington, D.C., has one of the largest parades in the country. People line the streets to watch a convoy of bands, floats, and entertainers march by. Everyone cheers, claps their hands, and waves their flags as each new act comes along.



9 Philadelphia, Pennsylvania, is where the Declaration of Independence was signed. The city of Philadelphia holds the historic Celebration of Freedom ceremony. During this ceremony, people gather at Independence Hall. They listen to inspirational music and learn about the history of America. The ceremony ends with a reading of the Declaration of Independence.

Fireworks

10 People can celebrate the 4th of July anywhere in the country. Wherever you are, the day will end with a beautiful fireworks display. This has been a tradition in our country for hundreds of years. As the sun goes down and it becomes dark, families and friends come together to watch the colors explode in the sky. This custom helps make this day one of the most memorable every year.



"4th of July Celebrations" written for educational purposes.



WRITING: LESSON 25

Today the students will be learning how to write the “I” paragraph for an informative essay. The Introduction paragraph is three simple sentences and it is set up exactly the same way they were taught in Section 1.

1. Remind students that the “I” Paragraph should be kept short and simple. Today we will review the 3 sentences that make up the “I” Paragraph. Write the following on the board:

“I” Paragraph

1. Hook
2. 3 Topics
3. Closing Statement

Teachers: Please note that there are many different ways to write an introduction paragraph. This is just one way. Feel free to call these sentences something different, add sentences, or change the order. The goal is to have 3-5 sentences and to introduce the topic. Please see another example below on how to write an introduction paragraph.

Another Example on How to Set Up the Introduction Paragraph

1. Hook
 2. 3 Reasons/Topics (split your reasons/topics into 2-3 separate sentences)
2. (Review) – Go over this with students to remind them of what they learned in Section 1 of the curriculum. Let’s start with the first sentence. This is called your Hook. This is where you want to “hook” your reader and catch their attention. If you start with a boring sentence, your reader is not going to be interested. There are many different types of Hooks you can use when writing an informative essay.
 3. Write on the board:
Different Types of Hooks for Informative Writing–
 1. Question
 2. Restate the prompt
 3. Statement about the topic
 4. Let’s take a look at the passages about the 4th of July that we read the other day.

The following passages will be used in today’s lesson:

**History of the 4th of the July
4th of July Celebrations**

PROMPT:

**After reading the articles, think about what you learned about the 4th of July.
Now write to inform your reader about the 4th of July.**

5. Look at the prompt and review the different ways to write a Hook. Remind students that you can ask a question in many different ways.
 - How much do you really know about the 4th of July?
 - Did you know that we are celebrating America’s freedom when we celebrate the 4th of July?
6. We could also restate the prompt in a different way.
 - There are many things to learn about the 4th of July.
 - July 4th is an interesting holiday that can teach you a lot!
7. Or you could just make a simple statement about the topic you are to write about.
 - July 4th is the best holiday of the year!
 - Celebrating July 4th is so much fun!

Take a look at our planning for the prompt.

I 4th of July

T1 Freedom	a. Cut Ties w/ Britain	b. Declaration of Independence
T2 Celebrations	a. Parades	b. Ceremonies
T3 Activities	a. Decorate	b. Fireworks

C 4th of July

***When writing the “I” Paragraph, make sure you are color coding each sentence. For example, write the Hook in red, the 3 Topics sentence in blue, and the Closing Statement in green. This way students can visually see the 3 parts of the “I” Paragraph.

8. Which Hook do you want to use? (Pick one as a class and write it on the board or document camera.)
9. Now the next sentence for I is the 3 Topics sentence. For informative prompts we are not writing reasons, we are writing topics. So this next sentence is where you state your 3 topics. What are our 3 topics? (Students should answer – Freedom, Celebrations, and Activities.)
10. So our second sentence will look something like this – *On the 4th of July, we honor America’s freedom, we have extravagant celebrations, and we do fun outdoor activities.*
11. Let’s look at our last sentence. This is called our Closing Statement. This is simply a general statement about your topic. For this sentence, you can also take words/sentences from the passage, just make sure you put it in your own words. (Do not copy word-for-word!) Let me give you some examples:
 - People all across this country still celebrate July 4th because they feel blessed that America is a free country! (I rewrote a sentence from the text.)
 - The 4th of July is an amazing holiday to celebrate!

12. So as a class, let's decide what our Closing statement is going to be.
13. Now let's put it all together and check it.
 - Do we have a Hook?
 - Did we state our 3 topics?
 - Do we have a Closing statement?

Here is an example of what your final "I" Paragraph should look like:

How much do you really know about the 4th of July? On the 4th of July, we honor America's freedom, have extravagant celebrations, and do fun outdoor activities. People all across this country still celebrate July 4th because they feel blessed that America is a free country!

14. Let's do one more together quickly and then you try one on your own.
15. Hand out "I" Paragraph worksheet titled "Model/Work Together" in the left-hand corner.
16. As a class, work together to plan and come up with an "I" Paragraph. Make sure you color-code the 3 parts.

Example:

Slavery used to take place in the southeastern states where farmers needed lots of help on their plantations. This was a time when slavery was common in the south and African American leaders like Sojourner Truth and Harriet Tubman were trying to abolish slavery. This was a difficult time for many African Americans.

17. Then have students work on the next "I" Paragraph worksheet titled "Guided Practice."
18. Assist students through the planning and writing of the "I" Paragraph (as needed) for this prompt.

Example:

You must stay fit and healthy in order to do the activities you love! To stay fit and healthy as a child, you must take your vitamins, get plenty of exercise, and have a healthy diet. Staying fit as a kid is important, as you want to grow up to be a healthy adult.

Model/Work Together

Name: _____

“I” Paragraph

The following passages will be used in today’s lesson:

African American Leaders – Sojourner Truth

African American Leaders – Harriet Tubman

Write to inform your reader about African American leaders.

I _____

T1 _____

a. _____

b. _____

T2 _____

a. _____

b. _____

T3 _____

a. _____

b. _____

C _____

Now write the “I” Paragraph:

Guided Practice

Name: _____

“I” Paragraph

The following passages will be used in today’s lesson:

**All About Vitamins
Be a Fit Kid**

Write to inform your reader about being a healthy and fit kid.

I _____

T1 _____ a. _____

b. _____

T2 _____ a. _____

b. _____

T3 _____ a. _____

b. _____

C _____

Now write the “I” Paragraph:



History of the 4th of July

Why We Celebrate 4th of July

1 The Fourth of July is also known as Independence Day. We celebrate this holiday because it is the day America got its independence from a king in a country called Britain. This day represents the birthday of our nation.



The First July 4th

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3 Thomas Jefferson and his team came together to write the Declaration of Independence. This gave Americans the freedom to govern themselves. On July 4, 1776, the team of men came together to sign it in Philadelphia, Pennsylvania. John Hancock was the first person to write his signature on it. This marked the first Fourth of July. It was the creation of the United States of America!

The First Celebration

4 After the men signed the Declaration of Independence, the American people came together to celebrate. They were excited about their freedom from Britain. In the streets of Philadelphia, bands played and bells rang. The news quickly spread to other towns. They held big celebrations too. Our freedom is why we still celebrate the 4th of July, and it is celebrated all across the country today!

"History of the 4th of July" written for educational purposes.



4th of July Celebrations



5 Every summer, people in our country gather together to celebrate the 4th of July. We celebrate this holiday because it is the day we gained our independence from Britain. The Declaration of Independence was written to proclaim our freedom. A group of men signed it on July 4th, 1776, and that became the birthday of the United States of America.

6 John Adams was one of the men who signed the declaration. Afterward, he made a statement to his wife in a letter saying, “This day will be the most memorable in the history of America.” Today, we still honor this day with celebrations all over the country.

Red, White, and Blue

7 On this day, Americans pay tribute to our country. They do so by displaying the patriotic colors of our nation. People celebrate by wearing red, white, and blue. Homes and businesses proudly fly the American flag. People often decorate their houses and invite loved ones over for barbecue.

Parades and Ceremonies

8 Many cities hold parades to honor this holiday. Our nation’s capital, Washington, D.C., has one of the largest parades in the country. People line the streets to watch a convoy of bands, floats, and entertainers march by. Everyone cheers, claps their hands, and waves their flags as each new act comes along.



9 Philadelphia, Pennsylvania, is where the Declaration of Independence was signed. The city of Philadelphia holds the historic Celebration of Freedom ceremony. During this ceremony, people gather at Independence Hall. They listen to inspirational music and learn about the history of America. The ceremony ends with a reading of the Declaration of Independence.

Fireworks

10 People can celebrate the 4th of July anywhere in the country. Wherever you are, the day will end with a beautiful fireworks display. This has been a tradition in our country for hundreds of years. As the sun goes down and it becomes dark, families and friends come together to watch the colors explode in the sky. This custom helps make this day one of the most memorable every year.



"4th of July Celebrations" written for educational purposes.





African American Leaders – Sojourner Truth

1 Sojourner Truth was an African American woman who worked hard to free slaves in the United States. She was called an abolitionist. An abolitionist was someone who did not support slavery.

2 She was born a slave but escaped to freedom in 1866. She traveled across the United States telling people about her experiences as a slave. Sojourner Truth was an excellent public speaker. She gave important speeches about freeing slaves.

3 Her speeches made people think about freedom and slavery. She helped people understand that slavery was wrong. Many people listened to

Sojourner Truth. Her message about freeing slaves inspired people. People across the country knew her name. She even met President Abraham Lincoln, who was moved by her stories about how unfair slavery was.

4 Sojourner Truth also wanted women to have the same rights as men. Women were not allowed to vote or run for office. Many women could not own property. Sojourner Truth wanted to change the law. She gave many speeches about giving women the right to vote. Sojourner Truth was a brave woman. She cared about all people having equal rights.

"African American Leaders – Sojourner Truth" written for educational purposes.



African American Leaders – Harriet Tubman

5 Harriet Tubman was born a slave. She escaped slavery and wanted to help other people escape. She rescued over 300 people from slavery. Harriet Tubman made many trips back to the South and led others to freedom in the free states in the northern part of the United States. Slavery was illegal in the North.

6 Harriet Tubman was a leader of the Underground Railroad. The Underground Railroad was not actually a railroad. It was a secret way for slaves to escape to the North. People escaping from slavery usually had to travel during the night so they did not get caught. In the daytime, they had to hide. Along the way, there were people who wanted to help Harriet Tubman bring people to freedom. Many people opened up their homes and hid escaped slaves there during their journey.

7 Harriet made 19 trips back to the South to lead people to freedom. She even helped her parents escape from the South. Harriet Tubman learned how to avoid being captured. There were people who were sent to capture escaped slaves, but Harriet was never captured. She made sure that no one traveling with her was captured either.

8 Harriet Tubman worked hard her entire life to help African American people. During the Civil War, she was a spy. She knew many different ways to travel between the North and the South. She used her skills to spy on what the South was doing during the war. She would then travel back to the North and report what she had discovered.

9 She cared about African Americans after the war too. Harriet Tubman established a home for older African Americans who needed help. She gave them a place to live and food to eat.

10 Harriet Tubman was an important African American leader. She did not believe that anyone should be a slave. She believed that all people should be free.

"African American Leaders – Harriet Tubman" written for educational purposes.



All About Vitamins

1 Everyone has heard their parents say, “Don’t forget to take your vitamins.” Maybe you have heard them say, “Eat your salad; it’s packed with vitamins!” But what exactly are vitamins?

2 Vitamins, along with minerals, are ingredients that are found in the foods we eat. Vitamins help your body grow and develop. When it comes to vitamins, each one has a special role to play.

3 Your body is one amazing machine. It has the ability to do all sorts of things by itself, but when it comes to vitamins, it could use some help. That’s where food comes in. Your body is able to get the vitamins it needs from the foods you eat because different foods contain different vitamins. The key is to

eat different foods to get an assortment of vitamins. Though some kids take a daily vitamin, most kids don’t need one if they’re eating a variety of healthy foods.

For example:

- Vitamin D in milk helps your bones.
- Vitamin A in carrots helps you see at night.
- Vitamin C in oranges helps your body heal if you get a cut.
- B vitamins in whole grains help your body make energy from food.

4 Your best bet for getting the vitamins you need is to eat a wide variety of healthy foods. You can also take a vitamin, pills, drinks, and other supplements. You’ll feel better overall!

“All About Vitamins” written for educational purposes.



Be a Fit Kid

5 Saying that you are fit is a way of saying you eat well and exercise. Being fit also means that you get a lot of physical activity (exercise) and have a healthy diet. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

6 Your parents can only do so much for you. They can serve healthy meals or create healthy activities for the family. When it comes to your health, you can take charge too.

7 One thing you can do is exercise. Exercise is good for your heart and lungs. Which of these activities is your favorite: biking, walking, swimming, or dancing? Did you know you can even burn calories while sleeping?

8 If you're a kid who wants to be fit, you need to follow these rules most of the time. However, some days, like your birthday, might call for a little cake and ice cream.

Eat a Variety of Foods

9 Everyone has a favorite food! The best choice though is to eat a variety of foods. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Try to eat at least five total servings of fruits and vegetables every day.

10 When you're really thirsty, milk is a great choice. There's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones. Milk is a great source of this mineral. Yogurt and cheese are too. How much milk do kids need? If you are younger than nine years old, drink two cups of milk a day, or its equivalent. If you're older than nine years old, aim for three cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods.



11 You probably will want something other than milk or water once in a while. It's okay to have 100% juice, but try to limit sugary drinks like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories instead of important nutrients.

Listen to Your Body

12 What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels completely full. Sometimes people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and over a period of time, can lead to unhealthy weight gain.

"Be a Fit Kid" written for educational purposes.



WRITING: LESSON 27

Today the students will practice writing their three middle paragraphs for an informative essay. The three middle paragraphs will have about 7 sentences: Topic sentence, 3-4 sentences about A, and 3-4 sentences about B.

- Let's start with an example using the two passages about the 4th of July:

The following passages will be used in today's lesson:

History of the 4th of July
4th of July Celebrations

PROMPT:

**After reading the articles, think about what you learned about the 4th of July.
 Now write to inform your reader about the 4th of July.**

- We will use the same planning. (Write planning on board.)

I 4th of July

T1 Freedom a. Cut Ties w/ Britain b. Declaration of Independence

T2 Celebrations a. Parades b. Ceremonies

T3 Activities a. Decorate b. Fireworks

C 4th of July

- Now using the document camera, let's begin to write the essay.
- Remember, each middle paragraph will have about 7 sentences: Topic sentence, 3-4 sentences about A, and 3-4 sentences about B.
- Starting with I, ask the students what we write in this paragraph. They should answer: *Hook, 3 topics, and Closing Statement.*
- Write the "I" Paragraph (color-code).

Example:

How much do you really know about the 4th of July? On the 4th of July, we honor America's freedom, have extravagant celebrations, and do fun outdoor activities. People all across this country still celebrate July 4th because they feel blessed that America is a free country!

**When modeling the T1, T2, and T3 paragraphs, we are going to color-code the sentences. Your T sentence will be in one color, your 3-4 sentences about A will be in another color, and your 3-4 sentences about B will be in a third color. Please make sure you always color-code.

7. Now we will move on to T1. The first sentence is called our Topic sentence. This is where you tell your reader what the topic is going to be for the paragraph. Our first topic is going to be about celebrating America's freedom on July 4th. So our sentence will read:
First, people celebrate July 4th because they are honoring and acknowledging America's freedom.

****You want the students to see that you went back into the passage and used some of the words from the text. You did NOT copy word-for-word, but you put it into your own words. Remind students that they can do this and that is what the passage is there for. It is our "source" that we are using for research...so we can refer to it in our writing.**

****Also make sure that students realize for the Topic sentence that they do not want to start talking about "Cutting Ties with Britain" or "The Declaration of Independence"... or anything specific. That is for our A and B sentences. Our Topic sentence should JUST state the first topic of our essay.**

8. Write that sentence in the T1 box.
9. Now we are going to write six more sentences under T1.
10. We are going to write three sentences about our A (Cut Ties w/ Britain) and three sentences about our B (Declaration of Independence). Remind students to look at their planning to see what their As and Bs are.
11. So let's come up with 3-4 sentences for A. Remember, we want to use the article(s) to come up with these sentences. But we HAVE to put it in our own words.
12. You want to teach your reader all about how America cut ties with Britain.

****Here is the most important part of this lesson:** Your A and B sentences HAVE to come from information in the article. You cannot make up information about July 4th. The information HAS to come from the article in your OWN words. Please make sure you constantly point this out as you are teaching/modeling. Keep the article under the document camera and underline where you are getting the information from and how you are putting it in your own words.

- We have to write 3 sentences about A.
- Our first sentence about A should tell our reader what our A is (Cut Ties w/ Britain).
- So write...*The people of America cut ties with Great Britain because they were being treated unfairly.*
- Now we have to tell our reader more about the people cutting ties with Great Britain.
Look back in the article.
- Let's write...*They didn't have voting rights, and they thought they were paying too much money in taxes. They wanted to have more of a say in the laws that they felt were important to them.*

13. Do we have 3 sentences about A? Yes! Here they are:

The people of America cut ties with Great Britain because they were being treated unfairly. They didn't have voting rights, and they thought they were paying too much money in taxes. They wanted to have more of a say in laws that they felt were important to them.

- Look closely, our first sentence about A tells our reader what A is.
- Then the next 2 sentences tell more about A.

14. Now we have to write 3 sentences about B (Declaration of Independence).

- Our first sentence about B should do what? (Tell our reader what B is)
- So write...*Once America cut ties with Britain, the Declaration of Independence was written.*
- Our next 2 sentences have to give more information about it.
- So write...*Thomas Jefferson and his team of men came together to create it. It was signed on July 4, 1776, which gave freedom to all Americans.*

15. Do we have 3 sentences about B? Yes! Here they are:

Once America cut ties with Britain, the Declaration of Independence was written. Thomas Jefferson and his team of men came together to create it. It was signed on July 4, 1776, which gave freedom to all Americans.

- Look closely, our first sentence about B tells our reader what B is.
- Then the next 2 sentences give more information about it.

16. So now our T1 paragraph should have 7 sentences:

Topic Sentence

3 Sentences about A

3 Sentences about B

First, people celebrate July 4th because they are honoring and acknowledging America's freedom. The people of America cut ties with Great Britain because they were being treated unfairly. They didn't have voting rights, and they thought they were paying too much money in taxes. They wanted to have more of a say in laws that they felt were important to them. Once America cut ties with Britain, the Declaration of Independence was written. Thomas Jefferson and his team of men came together to create it. It was signed on July 4, 1776, which gave freedom to all Americans.

My topic sentence is in red. The 3 sentences about A are in blue. The 3 sentences about B are in green.

- The first sentence (First, the people of America cut ties...) is called the T sentence. The T stands for Topic.
- The next 3 sentences are called 3A, because it is three sentences about A.
- The next 3 sentences are called 3B, because it is three sentences about B.

****Please make sure students know that they can write more than 3 sentences. Three is just the minimum. Try to emphasize and model with more sentences so they can see how this is done.****

20. The T1 paragraph now has 7 sentences...T, 3A, and 3B.

21. Now we will do the same for T2. Let's work on this one together.

22. Let's start with the first sentence. What is this sentence called? (T sentence)
23. What should it start with? (Second)
24. It should say: *Second, on the 4th of July, many people have extravagant celebrations.*
25. The next sentences are 3A. We need to write three sentences about A (Parades).
 - Remember, our first sentence tells our reader what A is. Then we write 2 sentences to give more information to our reader about A.
 - So for the first sentence, let's say...*Many towns and communities celebrate with parades.*
 - Now let's give our reader more information about this.
 - Let's write...*People watch on the sides of streets as bands and entertainers march by. People on floats throw candy out into the crowds.*

****Make a point to show students how you went into the article and changed things into your own words. They may also have to ADD WORDS (elaborate) and put words from the article in their OWN WORDS.**

26. Do we have 3 sentences about A? (Yes)
 - Did the first sentence tell our reader what A is? (Yes)
 - Did our next 2 sentences give our reader more information? (Yes)

27. Now we write 3B, which is three sentences about B (Ceremonies).

(Example: People also hold July 4th ceremonies to acknowledge America's freedom. They come together to learn about America's history and to listen to inspirational music. They read the Declaration of Independence together.)

28. Our T2 should now have seven sentences (T, 3A, and 3B) and should look something like this:

Second, on the 4th of July, many people have extravagant celebrations. Many towns and communities celebrate with parades. People watch on the sides of streets as bands and entertainers march by. People on floats throw candy out into the crowds. People also hold July 4th ceremonies to acknowledge America's freedom. They come together to learn about America's history and to listen to inspirational music. They read the Declaration of Independence together.

***My topic sentence is in red, my 3A are in blue, and my 3B are in green.

29. Follow the same steps for T3. Here is an example of what T3 should look like:

Third, July 4th is a time when many people do outdoor activities. One activity people like to do is decorate for the holiday. For example, people decorate their houses and fly the American flag. They also wear red, white, and blue. A tradition on the 4th of July is to go watch fireworks. Once it gets dark, many families go watch a colorful display of fireworks to end the holiday. You can see fireworks anywhere in the country.

30. Hand out "Student Practice/Homework" worksheet. Let students begin working on it. Whatever is not finished in class, allow students to take home and finish for homework.

Teacher Copy

****This is a teacher copy of the completed essay after today's lesson.**

I How much do you really I know about the 4th of July? On the 4th of July, we honor America's freedom, have extravagant celebrations, and do fun outdoor activities. People all across this country still celebrate July 4th because they feel blessed that America is a free country!

T1 First, people celebrate July 4th because they are honoring and acknowledging America's freedom. The people of America cut ties with Great Britain because they were being treated unfairly. They didn't have voting rights, and they thought they were paying too much money in taxes. They wanted to have more of a say in laws that they felt were important to them. Once America cut ties with Britain, the Declaration of Independence was written. Thomas Jefferson and his team of men came together to create it. It was signed on July 4, 1776, which gave freedom to all Americans.

T2 Second, on the 4th of July, many people have extravagant celebrations. Many towns and communities celebrate with parades. People watch on the sides of streets as bands and entertainers march by. People on floats throw candy out into the crowds. People also hold July 4th ceremonies to acknowledge America's freedom. They come together to learn about America's history and to listen to inspirational music. They read the Declaration of Independence together.

T3 Third, July 4th is a time when many people do outdoor activities. One activity people like to do is decorate for the holiday. For example, people decorate their houses and fly the American flag. They also wear red, white, and blue. A tradition on the 4th of July is to go watch fireworks. Once it gets dark, many families go watch a colorful display of fireworks to end the holiday. You can see fireworks anywhere in the country.

C

Student Practice/Homework

Name: _____

The following passages will be used in today's lesson:

African American Leaders – Sojourner Truth

African American Leaders – Harriet Tubman

Write to inform your reader about African American leaders.

I _____

T1 _____

a. _____

b. _____

T2 _____

a. _____

b. _____

T3 _____

a. _____

b. _____

C _____

I

T1

T2

T3

C



History of the 4th of July

Why We Celebrate 4th of July

1 The Fourth of July is also known as Independence Day. We celebrate this holiday because it is the day America got its independence from a king in a country called Britain. This day represents the birthday of our nation.



The First July 4th

2 In 1776, Americans decided they wanted to be a free country! The people in America were tired of being treated unfairly by the government in Britain. They thought they were paying too much money in taxes. They were also upset because they had no right to vote on laws that were important to them. Americans tried to come to an agreement with Britain, but they could not reach a decision. The people decided to cut all ties with Britain.

3 Thomas Jefferson and his team came together to write the Declaration of Independence. This gave Americans the freedom to govern themselves. On July 4, 1776, the team of men came together to sign it in Philadelphia, Pennsylvania. John Hancock was the first person to write his signature on it. This marked the first Fourth of July. It was the creation of the United States of America!

The First Celebration

4 After the men signed the Declaration of Independence, the American people came together to celebrate. They were excited about their freedom from Britain. In the streets of Philadelphia, bands played and bells rang. The news quickly spread to other towns. They held big celebrations too. Our freedom is why we still celebrate the 4th of July, and it is celebrated all across the country today!

"History of the 4th of July" written for educational purposes.



4th of July Celebrations



5 Every summer, people in our country gather together to celebrate the 4th of July. We celebrate this holiday because it is the day we gained our independence from Britain. The Declaration of Independence was written to proclaim our freedom. A group of men signed it on July 4th, 1776, and that became the birthday of the United States of America.

6 John Adams was one of the men who signed the declaration. Afterward, he made a statement to his wife in a letter saying, "This day will be the most memorable in the history of America." Today, we still honor this day with celebrations all over the country.

Red, White, and Blue

7 On this day, Americans pay tribute to our country. They do so by displaying the patriotic colors of our nation. People celebrate by wearing red, white, and blue. Homes and businesses proudly fly the American flag. People often decorate their houses and invite loved ones over for barbecue.

Parades and Ceremonies

8 Many cities hold parades to honor this holiday. Our nation's capital, Washington, D.C., has one of the largest parades in the country. People line the streets to watch a convoy of bands, floats, and entertainers march by. Everyone cheers, claps their hands, and waves their flags as each new act comes along.



9 Philadelphia, Pennsylvania, is where the Declaration of Independence was signed. The city of Philadelphia holds the historic Celebration of Freedom ceremony. During this ceremony, people gather at Independence Hall. They listen to inspirational music and learn about the history of America. The ceremony ends with a reading of the Declaration of Independence.

Fireworks

10 People can celebrate the 4th of July anywhere in the country. Wherever you are, the day will end with a beautiful fireworks display. This has been a tradition in our country for hundreds of years. As the sun goes down and it becomes dark, families and friends come together to watch the colors explode in the sky. This custom helps make this day one of the most memorable every year.



"4th of July Celebrations" written for educational purposes.





African American Leaders – Sojourner Truth

1 Sojourner Truth was an African American woman who worked hard to free slaves in the United States. She was called an abolitionist. An abolitionist was someone who did not support slavery.

2 She was born a slave but escaped to freedom in 1866. She traveled across the United States telling people about her experiences as a slave. Sojourner Truth was an excellent public speaker. She gave important speeches about freeing slaves.

3 Her speeches made people think about freedom and slavery. She helped people understand that slavery was wrong. Many people listened to

Sojourner Truth. Her message about freeing slaves inspired people. People across the country knew her name. She even met President Abraham Lincoln, who was moved by her stories about how unfair slavery was.

4 Sojourner Truth also wanted women to have the same rights as men. Women were not allowed to vote or run for office. Many women could not own property. Sojourner Truth wanted to change the law. She gave many speeches about giving women the right to vote. Sojourner Truth was a brave woman. She cared about all people having equal rights.

“African American Leaders – Sojourner Truth” written for educational purposes.



African American Leaders – Harriet Tubman

5 Harriet Tubman was born a slave. She escaped slavery and wanted to help other people escape. She rescued over 300 people from slavery. Harriet Tubman made many trips back to the South and led others to freedom in the free states in the northern part of the United States. Slavery was illegal in the North.

6 Harriet Tubman was a leader of the Underground Railroad. The Underground Railroad was not actually a railroad. It was a secret way for slaves to escape to the North. People escaping from slavery usually had to travel during the night so they did not get caught. In the daytime, they had to hide. Along the way, there were people who wanted to help Harriet Tubman bring people to freedom. Many people opened up their homes and hid escaped slaves there during their journey.

7 Harriet made 19 trips back to the South to lead people to freedom. She even helped her parents escape from the South. Harriet Tubman learned how to avoid being captured. There were people who were sent to capture escaped slaves, but Harriet was never captured. She made sure that no one traveling with her was captured either.

8 Harriet Tubman worked hard her entire life to help African American people. During the Civil War, she was a spy. She knew many different ways to travel between the North and the South. She used her skills to spy on what the South was doing during the war. She would then travel back to the North and report what she had discovered.

9 She cared about African Americans after the war too. Harriet Tubman established a home for older African Americans who needed help. She gave them a place to live and food to eat.

10 Harriet Tubman was an important African American leader. She did not believe that anyone should be a slave. She believed that all people should be free.

"African American Leaders – Harriet Tubman" written for educational purposes.

WRITING: LESSON 28

A and B Sentences – Evidence-Based Terminology
Today we will be working on using Evidence-Based Terminology
when writing your A and B sentences.

- Yesterday we learned how to write our A and B sentences. We learned that our A and B sentences have to come from the text, and we have to put them in our OWN words.
- Today we will learn how to use Evidence-Based Terminology – which are simply words and phrases that show we got the information from the text.
- You do not have to use these words and phrases for every A and B sentence! But you do want to try and use at least one of these words and phrases in each middle paragraph.

***Teachers: You will be giving some examples of Evidence-Based Terminology in this lesson. It is recommended that you do a Google search on “Evidence-Based Terminology” and compile a list of as many as you can and create an anchor chart.

Evidence-Based Terminology – *also known as “EBT”*

1. Today we are going to work on the exact same essay we wrote yesterday using the 4th of July passages. We are just going to change the beginning of some of our A and B sentences to use Evidence-Based Terminology.
2. Place “Example Essay” under the document camera. Also, make sure students have a copy of both 4th of July articles to look at.
3. Let’s look at R1 first:

First, people celebrate July 4th because they are honoring and acknowledging America’s freedom. The people of America cut ties with Great Britain because they were being treated unfairly. They didn’t have voting rights, and they thought they were paying too much money in taxes. They wanted to have more of a say in laws that they felt were important to them. Once America cut ties with Britain, the Declaration of Independence was written. Thomas Jefferson and his team of men came together to create it. It was signed on July 4, 1776, which gave freedom to all Americans.

4. Here are some examples of Evidence-Based Terminology which shows the reader that we got the information from the text.
 - According to the text
 - In paragraph 2
 - In the first passage
 - The author states
 - Based on the information in the text
 - For example

5. After you put your EBT phrase, you MUST state the article title that the information came from. For example, if your information came from the article “History of the 4th of July” ... they would write their EBT like this:

According to the text History of the 4th of July, it states...

OR

The author writes in History of the 4th of July...

**Have them underline the article title.

6. Let’s look at our A sentences in T1. Let’s put some Evidence-Based Terminology in the beginning of the A sentences.

BEFORE - *The people of America cut ties with Great Britain because they were being treated unfairly. They didn’t have voting rights, and they thought they were paying too much money in taxes. They wanted to have more of a say in laws that they felt were important to them.*

AFTER - **According to the text History of the 4th of July**, *the people of America cut ties with Great Britain because they were being treated unfairly. They didn’t have voting rights, and they thought they were paying too much money in taxes. They wanted to have more of a say in laws that they felt were important to them.*

7. You do not always have to add these words and phrases in the beginning of your A and B sentences. You want to have EBT at least once in each middle paragraph. You can add them anywhere. Look at this example of the B sentences for T1.

BEFORE - *Once America cut ties with Britain, the Declaration of Independence was written. Thomas Jefferson and his team of men came together to create it. It was signed on July 4, 1776, which gave freedom to all Americans.*

AFTER - *Once America cut ties with Britain, the Declaration of Independence was written. Thomas Jefferson and his team of men came together to create it, **the author states in the article History of the 4th of July**. It was signed on July 4, 1776, which gave freedom to all Americans.*

Here is our T1 before using evidence-based terminology:

First, people celebrate July 4th because they are honoring and acknowledging America’s freedom. The people of America cut ties with Great Britain because they were being treated unfairly. They didn’t have voting rights, and they thought they were paying too much money in taxes. They wanted to have more of a say in laws that they felt were important to them. Once America cut ties with Britain, the Declaration of Independence was written. Thomas Jefferson and his team of men came together to create it. It was signed on July 4, 1776, which gave freedom to all Americans.

Here is our T1 after adding Evidence-Based Terminology:

First, people celebrate July 4th because they are honoring and acknowledging America’s freedom. **According to the text History of the 4th of July**, the people of America cut ties with Great Britain because they were being treated unfairly. They didn’t have voting rights, and they thought they were paying too much money in taxes. They wanted to have more of a say in laws that they felt were important to them. Once America cut ties with Britain, the Declaration of Independence was written. Thomas Jefferson and his team of men came together to create it, **the author states in the article History of the 4th of July**. It was signed on July 4, 1776, which gave freedom to all Americans.

- Pass out the “Student Practice” worksheet. Today they will be re-writing the T2 paragraph to add Evidence-Based Terminology. Make sure they are adding it in different places throughout the paragraph and that it makes sense.

Example:

Second, on the 4th of July, many people have extravagant celebrations. Many towns and communities celebrate with parades. **As stated by the passage 4th of July Celebrations**, people watch on the sides of streets as bands and entertainers march by. People on floats throw candy out into the crowds. People also hold July 4th ceremonies to acknowledge America’s freedom. They come together to learn about America’s history and to listen to inspirational music **says the text 4th of July Celebrations**. They read the Declaration of Independence together.

- After completing the “Student Practice” worksheet, hand out “Homework.”

Note to teachers: There are many different ways that students can reference their sources. Stating the title is just one way to do this. Students can also do the following:

State the author

Ex. In the text by Jon Smith it states...

State the source number (if listed)

Ex. According to Source 3...

State the page number and paragraph number

Ex. On page 6, paragraph 3 it says that...

★ Students can also reference their source in the beginning of the sentence using EBT or at the end of the sentence using parentheses.

Ex. In the text by Jon Smith it states that alligators live in many different habitats.

States the author’s name in the beginning of the sentence using EBT

OR

Ex. Alligators live in many different habitats (Jon Smith).

States the author’s name at the end of the sentence in parenthesis

Example Essay

**After reading the articles, think about what you learned about the 4th of July.
Now write to inform your reader about the 4th of July.**

I *How much do you really know about the 4th of July? On the 4th of July, we honor America's freedom, have extravagant celebrations, and do fun outdoor activities. People all across this country still celebrate July 4th because they feel blessed that America is a free country!*

T1 *First, people celebrate July 4th because they are honoring and acknowledging America's freedom. The people of America cut ties with Great Britain because they were being treated unfairly. They didn't have voting rights, and they thought they were paying too much money in taxes. They wanted to have more of a say in laws that they felt were important to them. Once America cut ties with Britain, the Declaration of Independence was written. Thomas Jefferson and his team of men came together to create it. It was signed on July 4, 1776, which gave freedom to all Americans.*

T2 *Second, on the 4th of July, many people have extravagant celebrations. Many towns and communities celebrate with parades. People watch on the sides of streets as bands and entertainers march by. People on floats throw candy out into the crowds. People also hold July 4th ceremonies to acknowledge America's freedom. They come together to learn about America's history and to listen to inspirational music. They read the Declaration of Independence together.*

T3 *Third, July 4th is a time when many people do outdoor activities. One activity people like to do is decorate for the holiday. For example, people decorate their houses and fly the American flag. They also wear red, white, and blue. A tradition on the 4th of July is to go watch fireworks. Once it gets dark, many families go watch a colorful display of fireworks to end the holiday. You can see fireworks anywhere in the country.*

C

WRITING: LESSON 32

Today you will be learning how to write the Conclusion or “C” paragraph for an informative essay. Like the Introduction paragraph, the Conclusion is 3-4 sentences. Short and simple! You want to include 3 main sentences:

1. Write the following on the board (and make an anchor chart).

The Conclusion Paragraph:

1. Give an overview (summary) of the topic.
2. Restate 3 Topics.
3. Thought or Feeling about topic.

Teachers: Please note that there are many different ways to write a conclusion paragraph. This is just one way. Feel free to call these sentences something different, add sentences, or change the order. The goal is to have 3-5 sentences and to close out the essay.

Another Example on How to Set Up the Conclusion Paragraph

1. Overview (summary) of the topic.
 2. 3 Topics (split your topics into 2-3 separate sentences).
2. Go over this example.

I 4th of July**T1** Freedom

a. Cut Ties w/ Britain

b. Declaration of Independence

T2 Celebrations

a. Parades

b. Ceremonies

T3 Activities

a. Decorate

b. Fireworks

C 4th of July

*****Color-code the 3 sentences.**

As you can see, the 4th of July is a fun holiday to celebrate. On this day, people acknowledge America’s freedom, they hold extravagant celebrations, and they plan fun outdoor activities. Every year on the 4th of July we unite and remember how lucky we are to be living in a free country!

3. Explain each sentence and how to write it.

Give an overview (summary) is where you give a one sentence overview/summary about the topic. You are just simply restating the topic and what the essay was about.

Restate your 3 Topics sentence is where you simply tell your reader the 3 Topics in your essay. You want to name those 3 Topics like you did in the Introduction, just in a different way.

The Thought/Feeling sentence is just a thought about what you think about your topic or how the topic makes you feel.

4. Do another example with the students.

The following passages will be used in today's lesson:

African American Leaders – Sojourner Truth

African American Leaders – Harriet Tubman

I African American Leaders

T1 Slavery

a. History

b. Abolitionists

T2 Sojourner Truth

a. Speeches

b. Womens' Rights

T3 Harriet Tubman

a. Underground Railroad

b. Spy

C African American Leaders

It should look something like this:

Slavery was a difficult time for African Americans. The articles gave information about the time of slavery, Sojourner Truth, and Harriet Tubman. These African American leaders helped so many people and worked hard to change the way of life in the south!

5. Hand out "Homework."



African American Leaders – Sojourner Truth

1 Sojourner Truth was an African American woman who worked hard to free slaves in the United States. She was called an abolitionist. An abolitionist was someone who did not support slavery.

2 She was born a slave but escaped to freedom in 1866. She traveled across the United States telling people about her experiences as a slave. Sojourner Truth was an excellent public speaker. She gave important speeches about freeing slaves.

3 Her speeches made people think about freedom and slavery. She helped people understand that slavery was wrong. Many people listened to

Sojourner Truth. Her message about freeing slaves inspired people. People across the country knew her name. She even met President Abraham Lincoln, who was moved by her stories about how unfair slavery was.

4 Sojourner Truth also wanted women to have the same rights as men. Women were not allowed to vote or run for office. Many women could not own property. Sojourner Truth wanted to change the law. She gave many speeches about giving women the right to vote. Sojourner Truth was a brave woman. She cared about all people having equal rights.

“African American Leaders – Sojourner Truth” written for educational purposes.



African American Leaders – Harriet Tubman

5 Harriet Tubman was born a slave. She escaped slavery and wanted to help other people escape. She rescued over 300 people from slavery. Harriet Tubman made many trips back to the South and led others to freedom in the free states in the northern part of the United States. Slavery was illegal in the North.

6 Harriet Tubman was a leader of the Underground Railroad. The Underground Railroad was not actually a railroad. It was a secret way for slaves to escape to the North. People escaping from slavery usually had to travel during the night so they did not get caught. In the daytime, they had to hide. Along the way, there were people who wanted to help Harriet Tubman bring people to freedom. Many people opened up their homes and hid escaped slaves there during their journey.

7 Harriet made 19 trips back to the South to lead people to freedom. She even helped her parents escape from the South. Harriet Tubman learned how to avoid being captured. There were people who were sent to capture escaped slaves, but Harriet was never captured. She made sure that no one traveling with her was captured either.

8 Harriet Tubman worked hard her entire life to help African American people. During the Civil War, she was a spy. She knew many different ways to travel between the North and the South. She used her skills to spy on what the South was doing during the war. She would then travel back to the North and report what she had discovered.

9 She cared about African Americans after the war too. Harriet Tubman established a home for older African Americans who needed help. She gave them a place to live and food to eat.

10 Harriet Tubman was an important African American leader. She did not believe that anyone should be a slave. She believed that all people should be free.

“African American Leaders – Harriet Tubman” written for educational purposes.



All About Vitamins

1 Everyone has heard their parents say, “Don’t forget to take your vitamins.” Maybe you have heard them say, “Eat your salad; it’s packed with vitamins!” But what exactly are vitamins?

2 Vitamins, along with minerals, are ingredients that are found in the foods we eat. Vitamins help your body grow and develop. When it comes to vitamins, each one has a special role to play.

3 Your body is one amazing machine. It has the ability to do all sorts of things by itself, but when it comes to vitamins, it could use some help. That’s where food comes in. Your body is able to get the vitamins it needs from the foods you eat because different foods contain different vitamins. The key is to

eat different foods to get an assortment of vitamins. Though some kids take a daily vitamin, most kids don’t need one if they’re eating a variety of healthy foods.

For example:

- Vitamin D in milk helps your bones.
- Vitamin A in carrots helps you see at night.
- Vitamin C in oranges helps your body heal if you get a cut.
- B vitamins in whole grains help your body make energy from food.

4 Your best bet for getting the vitamins you need is to eat a wide variety of healthy foods. You can also take a vitamin, pills, drinks, and other supplements. You’ll feel better overall!

“All About Vitamins” written for educational purposes.



Be a Fit Kid

5 Saying that you are fit is a way of saying you eat well and exercise. Being fit also means that you get a lot of physical activity (exercise) and have a healthy diet. If you're fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends.

6 Your parents can only do so much for you. They can serve healthy meals or create healthy activities for the family. When it comes to your health, you can take charge too.

7 One thing you can do is exercise. Exercise is good for your heart and lungs. Which of these activities is your favorite: biking, walking, swimming, or dancing? Did you know you can even burn calories while sleeping?

8 If you're a kid who wants to be fit, you need to follow these rules most of the time. However, some days, like your birthday, might call for a little cake and ice cream.

Eat a Variety of Foods

9 Everyone has a favorite food! The best choice though is to eat a variety of foods. If you eat different foods, you're more likely to get the nutrients your body needs. Taste new foods and old ones you haven't tried for a while. Try to eat at least five total servings of fruits and vegetables every day.

10 When you're really thirsty, milk is a great choice. There's a reason your school cafeteria offers cartons of milk. Kids need calcium to build strong bones. Milk is a great source of this mineral. Yogurt and cheese are too. How much milk do kids need? If you are younger than nine years old, drink two cups of milk a day, or its equivalent. If you're older than nine years old, aim for three cups of milk per day, or its equivalent. You can mix it up by having milk and some other calcium-rich dairy foods.



11 You probably will want something other than milk or water once in a while. It's okay to have 100% juice, but try to limit sugary drinks like sodas, juice cocktails, and fruit punches. They contain a lot of added sugar. Sugar just adds calories instead of important nutrients.

Listen to Your Body

12 What does it feel like to be full? When you're eating, notice how your body feels and when your stomach feels completely full. Sometimes people eat too much because they don't notice when they need to stop eating. Eating too much can make you feel uncomfortable and over a period of time, can lead to unhealthy weight gain.

"Be a Fit Kid" written for educational purposes.

