



# YAK'S CORNER TEACHER GUIDE

This week we read about the importance of good nutrition. We also learned why the weather changes during autumn.

## Paper Caper

**ACTIVITY:** Look for a recipe in your newspaper. (Most newspapers have a weekly food section filled with recipes and articles about cooking.) Using the recipe's ingredient list, figure out how many servings from each food-pyramid category are included in the recipe. Then divide the total number of servings for each category of food by the number of servings the recipe makes to find servings per person for each category.

**STANDARD:** Students will analyze language-based math problems and make appropriate calculations.

## Pyramid Power

**ACTIVITY:** Using the food pyramid as a guide, plan a day's meals. When you're done, total up the number of servings of each kind of food to make sure your menus include the recommended number of servings for each category.

**STANDARD:** Students will study and understand the human body and techniques for caring for it properly.

## Writer's Log

**ACTIVITY:** Write a story that takes place in fall. Try to include all the words from this week's word search in your story. Also, include as many descriptions as you can that would let a reader know your story takes place in fall, without ever actually saying it's fall. When you're done, make a list of adjectives you used to create images of fall.

**STANDARDS:** Students will write descriptive pieces. Students will categorize words by part of speech.

## Solar Search

**ACTIVITY:** As the weather gets cooler in the United States, it's getting warmer in other parts of the world. Using a globe, try to figure out which parts of the world will be getting warmer, rather than colder. Also, identify places where the temperature is likely to remain fairly high all year.

**STANDARD:** Students will use a globe to gather information.

## Calcium Conquest

**ACTIVITY:** It used to be that the main sources of calcium were dairy products and green, leafy vegetables. Now, many foods are calcium fortified. Look at food products you have at home to see which ones have calcium added. Check the labeling to see just how much calcium is in each product. Use the USDA recommended daily allowance listed for calcium on each product package and create a list of foods you could eat — in addition to drinking one glass of milk — that would bring you to 100 percent of the recommended amount of calcium for a day.

**STANDARDS:** Students will read and understand consumer materials. Students will add percentages of numbers.





# YAK'S CORNER ACTIVITY SHEET

w w w . y a k s c o r n e r . c o m

Hey kids, this week we read about the importance of good nutrition. We also learned why the weather changes during autumn.

## Solar Search

**ACTIVITY:** As the weather gets cooler in the United States, it's getting warmer in other parts of the world. Using a globe, try to figure out which parts of the world will be getting warmer, rather than colder. Also, identify places where the temperature is likely to remain fairly high all year.

■ List five countries whose temperatures get higher as the U.S. temperatures get lower: \_\_\_\_\_

■ What hemisphere are these countries in? \_\_\_\_\_

■ List five countries whose temperatures are likely to remain fairly high all season: \_\_\_\_\_

■ How close are these countries to the equator? \_\_\_\_\_

■ Why do countries near the equator remain warm throughout the year?

## Calcium Conquest

**ACTIVITY:** Look at food products you have at home to see which ones have calcium added. Check the labeling to see just how much calcium is in each product. Record your findings in the chart on the right and answer the question below.

The food products in your home that contain calcium:	The amount of calcium in one serving of the product:

The National Institutes of Health recommends that children age 6 to 10 get 800 to 1,200 mg of calcium every day. Including one glass of milk (300 mg), what other foods in your home would you have to eat to get 800 mg of calcium? \_\_\_\_\_