

Dear Parents/Guardians,

I hope this letter finds you all healthy and well. This time away from direct instruction is difficult for all of us and especially for your student. Please know this is such a unique situation and my team and I are trying our best to create a functional curriculum that your student can complete at home. We are trying our best to offer as many supports as possible. Please let me know if there is something you might need. Do not hesitate to contact me via email at dnorman@re-deserv.com.

I am here to help, and the more we work together the better off we will all be. If you find your student is struggling with something feel free to put it on pause until I have a chance to explain it. This time is already frustrating and difficult, I do not want to add to the burden.

Attached is two different schedules both are a suggestion. I am sure there are routines at home that may make it difficult to do school work. I am hoping the suggested schedule will help with that transition. All work is expected to be done at a student pace, none of this is expected to be finished in one week or one day. Time outside, and time with others is critical, along with clean living practices. If you are missing supplies or need something feel free to reach out. We are here for you.

Because of this occasion, I have opened a google classroom. Resources and material will be updated regularly. It would be great if you can all sign up for this, or give the approval for your student to have an email created. The class code is:

gz6gg5l

Thank you for bearing with me while we all adjust.

Sincerely,
Daisy Norman
Intervention Specialist
Room 25

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COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • 8-9Am Have some breakfast, take your time. Fill in AM Check in • 9-9:15 • Hygiene • 9:15-9:45 Morning Quote & Reflection • 10-11:30 AM Vocational Tasks, *use your chore sheet to decide what you will do, have your care takers help decide. Fill out daily work reflection, have caretaker fill 	<ul style="list-style-type: none"> • 8-9Am Have some breakfast, take your time. Fill in AM Check in • 9-9:15 • Hygiene • 9:15-9:45 Morning Math • 10-11:30 AM Vocational Tasks, *use your chore sheet to decide what you will do, have your care takers help decide. Fill out daily work reflection, have caretaker fill out vocational 	<ul style="list-style-type: none"> • 8-9Am Have some breakfast, take your time. Fill in AM Check in • 9-9:15 • Hygiene • 9:15-9:45 Writing • 10-11:30 AM Wednesday Vocational Tasks, *use your chore sheet to decide what you will do, have your care takers help decide. Fill out daily work reflection, have caretaker fill out 	<ul style="list-style-type: none"> • 8-9Am Have some breakfast, take your time. Fill in AM Check in • 9-9:15 • Hygiene • 9:15-9:45 Current Events. Watch the news, or www.CNN10.com • 10-11:30 AM Vocational Tasks, *use your chore sheet to decide what you will do, have your care takers help decide. Fill out daily work reflection, have caretaker fill out vocational 	<ul style="list-style-type: none"> • 8-9Am Have some breakfast, take your time. Fill in AM Check in • 9-9:15 • Hygiene • 9:15-9:45 science • 10-11:30 AM Vocational Tasks, *use your chore sheet to decide what you will do, have your care takers help decide. Fill out daily work reflection, have caretaker fill out vocational

			about what you are most proud of.	
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Emotional Check-In

Name: _____ Date: _____

Calm Relaxed Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
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Today, I am feeling _____ because _____

Emotional Check-Out

Name: _____ Date: _____

Calm Relaxed Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
---	---	--	--

Today, I am feeling _____ because _____

REMEMBER THAT THE
REASON YOU'RE
DOING THIS IS TO
MAKE YOUR LIFE
BETTER



DAILY cleaning

BATHROOMS

- ☐ wipe toilet seat
- ☐ clean mirror & countertop
- ☐ wipe off shower /bathtub
- ☐ replace dirty towels

- ☐
- ☐
- ☐

KITCHEN

- ☐ sweep floors
- ☐ wash dishes
- ☐ clean sink
- ☐ wipe down countertops & tables
- ☐ take out trash

- ☐
- ☐
- ☐

BEDROOMS

- ☐ make beds
- ☐ declutter
- ☐ fold & put away clothes

- ☐
- ☐
- ☐

LIVING AREAS

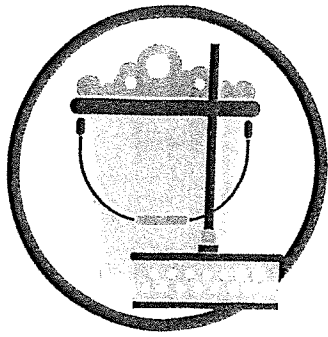
- ☐ vacuum / sweep if needed
- ☐ declutter
- ☐ fold throw blankets
- ☐ straighten throw pillows
- ☐ straighten up desks
- ☐ throw away old papers & notes

- ☐
- ☐
- ☐
- ☐
- ☐

MISC.

- ☐ check mail & get packages
- ☐ do one load of laundry
- ☐ sweep porch

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



WEEKLY cleaning

DAILY

- ☐ wipe counters
- ☐ make beds
- ☐ wash dishes
- ☐ one load of laundry
- ☐ take out trash
- ☐ clean kitchen floor in the evening

MONDAY (bathrooms)

- ☐ clean toilets
- ☐ clean sinks, mirrors & counters
- ☐ clean showers & bathtubs
- ☐ wash bath rugs & replace towels
- ☐ sweep & mop floors

TUESDAY (living room)

- ☐ straighten shelves & cabinets
- ☐ vacuum, sweep & mop
- ☐ wash windows & blinds
- ☐ organize toys & declutter

WEDNESDAY (kitchen)

- ☐ clean stove / cooktop
- ☐ clean counters & sink
- ☐ wipe down fridge & freezer
- ☐ clean inside microwave
- ☐ sweep & mop floors

THURSDAY (bedrooms)

- ☐ dust & vacuum
- ☐ change bed sheets
- ☐ organize & declutter
- ☐ sort dirty laundry
- ☐ clean windows & blinds
- ☐ straighten closets & drawers

FRIDAY (halls & stairs)

- ☐ dust & vacuum
- ☐ straighten drawers, desks & shelves
- ☐ wipe off washer & dryer
- ☐ dust ceiling fans & light fixtures
- ☐ straighten & declutter closets

WEEKEND (outdoors)

- ☐ sweep porch & patio
- ☐ clean & organize garage
- ☐ mow lawn & clean out weed beds
- ☐ clean out cars

MISC.

- ☐
- ☐
- ☐
- ☐
- ☐



DAILY cleaning

BATHROOMS

- ☐ wipe toilet seat
- ☐ clean mirror & countertop
- ☐ wipe off shower /bathtub
- ☐ replace dirty towels
- ☐
- ☐
- ☐

KITCHEN

- ☐ sweep floors
- ☐ wash dishes
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- ☐ wipe down countertops & tables
- ☐ take out trash
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BEDROOMS

- ☐ make beds
- ☐ declutter
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LIVING AREAS

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- ☐
- ☐

Name: _____

Date: _____

Vocational Evaluation

Location/Description: _____

Vocational Expectations	5	4	3	2	1	Comments
1. Appropriate Words/Actions						
2. Follow Directions						
3. Maintain Focus on Task						
4. Prompting: Level of Verbal						
5. Prompting: Level of Visual						
6. Attention to Job Directions						
7. Appropriate Clothing						
8. Level of Hygiene						
9. Response to Corrections						
10. Appropriate Conversations						
11. Respectful Interactions – All						
12. Problem Solving Strategies						
13. Completion of Work Session						
14. Advocate Appropriately						
15. Adaptability						
16. Seeking Help when necessary						
17. Level of Complaining						
18. Appropriate Body Language						
19. Appropriate Pacing – Work Speed						
20. Appropriate Responses to Challenges						
TOTALS						

Commute: _____

Name: _____

Date: _____

Location/Description: _____

Vocational Evaluation Rubric

5 ++++++	4 ++++	3 +++	2 ++	1 +
100% completion Competitive Employment Independent	80 % completion	60% completion	40% completion	20% completion
1. Level 1 Words	Level 2 words	Level 3 words	Level 4 words	Level 5 words
2. Follow all directions – 100%	Directions – 80%	Directions – 60%	Directions – 40%	Directions – 20%
3. Focus on tasks – 100%	Focus – 80%	Focus – 60%	Focus – 40%	Focus 20%
4. Verbal Prompting – None	Prompting -2	Prompting – 4	Prompting – 6	Prompting - 8
5. Visual Prompting – None	Prompting – 2	Prompting – 4	Prompting – 6	Prompting - 8
6. Job Directions – time	Job Directions – 2x	Job Direction 3x	Job Direction – 4x	Job Direction -5x
7. Clothing 100%	Clothing – 80%	Clothing – 60%	Clothing – 40%	Clothing – 20%
8. Hygiene – Level 1	Hygiene –level 2	Hygiene –level 3	Hygiene –level 4	Hygiene –Level 5
9. Correction Response – 100%	C. Response – 80%	C. Response – 60%	C. Response – 40%	C. Response – 20%
10. Appropriate Conversations	A.C. – 80%	A.C. – 60%	A.C. – 40%	A.C. – 20%
11. Respectful Interactions – all	R.I. - 80%	R.I. - 60%	R.I. - 40%	R.I. - 20%
12. Problem Solving Independently	P.S. – 80%	P.S. – 60%	P.S. – 40%	P.S. – 20%
13. Completed Work session	Completed 80%	Completed 60%	Completed 40%	Completed 20%
14. Advocate Appropriately	AA -80%	AA -60%	AA -40%	AA -20%
15. Adaptability – 100%	Adaptability – 80%	Adaptability – 60%	Adaptability – 40%	Adaptability – 20%
16. Seeking Help when Necessary – 100%	Help – 80%	Help – 60%	Help – 40%	Help – 20%
17. Level of Complaining –None	Complaints - 1	Complaints - 2	Complaints - 3	Complaints - 4
18. Appropriate Body Language – 100%	Body Language – 80% +	Body Language – 60% +	Body Language – 40% +	Body Language 20% +
19. Appropriate Pacing- Work speed	80% just right	60% just right	40% just right	20% just right
20. Appropriate Response to challenges –100%	80 %	60%	40%	20%

Name: _____

Date: _____

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TOTALS						

Commute: _____

Name: _____ Date: _____

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Name: _____ Date: _____

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		* Regulation (emotion/body speed) (yes no N/A)
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--	--	---

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--	--	--

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--	--	---

Emotional Check-In

Name: _____ Date: _____

Calm	Surprised	Cranky	Disappointed
Relaxed	Confused	Bored	Hurt
Happy	Concerned	Upset	Sad
Interested	Nervous	Angry	Depressed
Excited	Afraid	Disgusted	

Today, I am feeling _____ because _____

Emotional Check-Out

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Today, I am feeling _____ because _____

S&S Express

Sandwiches

half - \$4.25
whole - \$6.50



Meatball



Italian



Ham & Cheese



Veggie



Baja Chicken



Steak & Cheese

Wraps

half - \$4.75 whole - \$7.00

Southwest Chicken

Santa Fe Roast Beef

Veggie Supreme



**SUPER
VALUE!**



1/2 Sandwich,
Salad & Drink

Combo

\$7.79

**Sandwiches &
Salads to Go!**

Combo Meals

#1 Half Sandwich or Wrap, Chips,
Small Drink

\$5.89

#2 Half Wrap, Cup of Soup,
Small Drink

\$7.79

#3 Half Sandwich, Bowl of Soup,
Medium Drink

\$8.49

Salads

side - \$3.10 bowl - \$5.15

Garden

Caesar

Asian Chicken

Classic Cobb

Fruit Salad



Soups

cup - \$2.46 bowl - \$3.05

Soup-of-the-Day

Vegetable

Chili



Sides

Chips

\$.75

Coleslaw

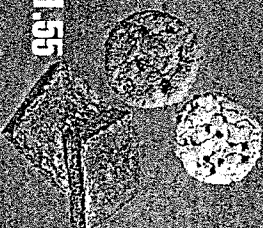
\$1.05

Desserts

Cookies

1 - \$.75 3 - \$1.86

Chunky Chip Brownie **\$1.55**



Beverages

sm - \$1.50 med - \$1.75 lg - \$2.00

Fountain Drinks, Iced Tea, Lemonade

Bottled Water **\$2.25**

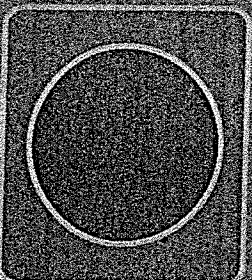
Juice **\$1.36**

Milk **\$2.49**

Coffee **\$1.64**

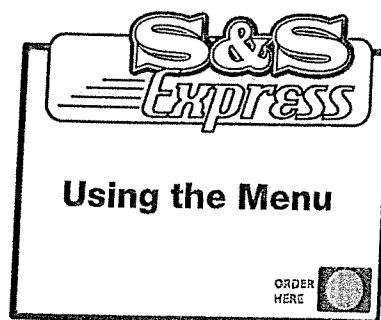


**ORDER
HERE**



Name _____

Use the *S&S Express* drive-thru menu to answer the questions.



1. Which two items cost \$.75?

2. How much does a whole Veggie Supreme Wrap cost?

3. What is the most expensive Combo Meal on the menu?

4. How much does a side Salad cost?

5. Name an item you could buy if you had \$2.00 to spend.

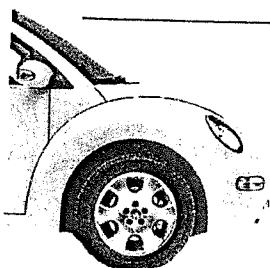
6. What is the least expensive beverage on the menu?

7. Which dessert costs \$1.55?

8. How much do you pay for a cup of Vegetable Soup?

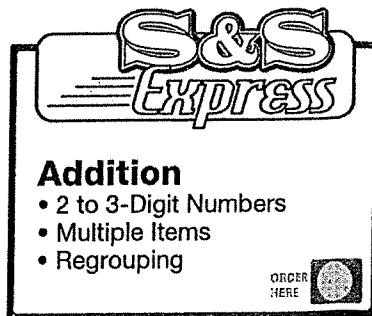
9. Which costs more: a half Sandwich or a half Wrap?

10. How much is the Super Value Combo meal?

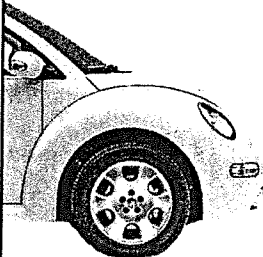


Name _____

Use the *S&S Express* drive-thru menu to find the cost of each item. Find the total when you buy more than one of each item.

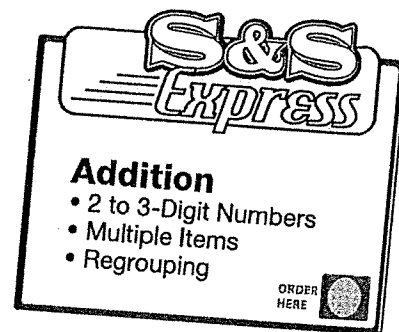


MENU ITEMS	COST EACH	TOTAL
1. Two Cups of Vegetable Soup	_____	_____
2. Four Side Classic Cobb Salads	_____	_____
3. Three Half Santa Fe Roast Beef Wraps	_____	_____
4. Two Bottled Waters	_____	_____
5. Four Chunky Chip Brownies	_____	_____
6. Four Milks	_____	_____
7. Four #2 Combo Meals	_____	_____
8. Three Whole Ham & Cheese Sandwiches	_____	_____
9. Four Chips	_____	_____
10. Three #3 Combo Meals	_____	_____



Name _____

Use the *S&S Express* drive-thru menu to solve each word problem.



1. What would the cost be for a whole Meatball Sandwich, a cup of the Soup-of-the-Day, and a small Iced Tea?

2. Find the cost for a #2 Combo Meal, Chips, and a Chunky Chip Brownie.

3. How much would a whole Santa Fe Roast Beef Wrap, a side of Fruit Salad, and a Bottled Water cost?

4. What would be the cost for one #3 Combo Meal with three Cookies and one Coffee added?

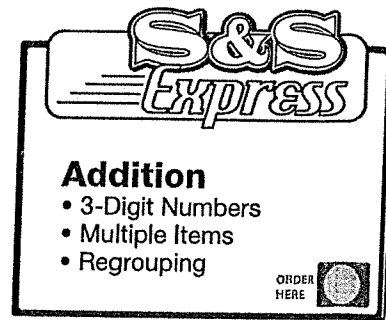
5. Find the cost for a whole Ham & Cheese Sandwich, a side of Coleslaw, and a Juice.

6. How much would one bowl of Asian Chicken Salad, three Cookies, and one Milk cost?



Name _____

Use the **S&S Express** drive-thru menu to solve each word problem.



1. Mary and Sylvia drove to the *S&S Express* drive-thru for lunch. Mary ordered a #1 Combo Meal. Sylvia ordered a #3 Combo Meal. Sylvia also ordered a Chunky Chip Brownie. She and Mary shared it for dessert.

What was the total cost of their food? _____

2. Ashley wanted to eat a nutritious meal before her basketball game. She bought a half Ham & Cheese Sandwich, a side Garden Salad, and a Bottled Water. She got another Bottled Water to drink during her game.

How much did Ashley spend? _____

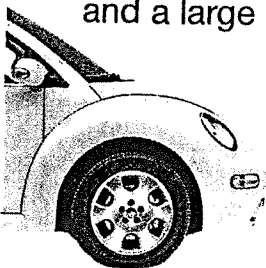
3. Mrs. Cortez and her daughter pulled into the drive-thru at *S&S Express* for a snack after shopping. Mrs. Cortez got three Cookies. Her daughter got a Chunky Chip Brownie. They shared a Milk.

How much did they spend in all? _____

4. Trish, Brandi, and Jackie wanted something healthy to eat. They each ordered a bowl of salad. Trish got a Caesar Salad. Brandi got a Classic Cobb Salad. Jackie got a Fruit Salad.

How much did the girls pay in all? _____

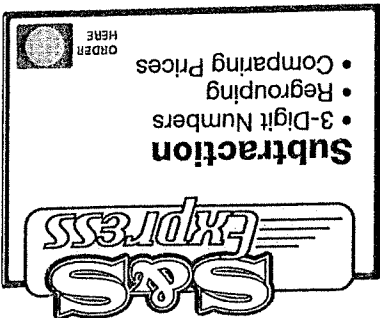
5. Jennifer got a whole Southwest Chicken Wrap, a cup of the Soup-of-the-Day, and a large Iced Tea. She also got three Cookies to eat later for dessert.



How much did Jennifer spend? _____

Use the S&S Express drive-thru menu to find which item costs more in each problem. Write the name of the item on the line. Then find how much more the item costs.

Name _____



HOW MUCH MORE?

WHICH ITEM COSTS MORE?

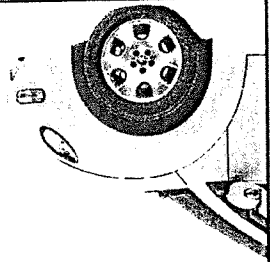
1. #3 Combo Meal or Whole Veggie Sandwich

2. Cup of Chili or Half Santa Fe Roast Beef Wrap

3. Three Cookies or Side Asian Chicken Salad

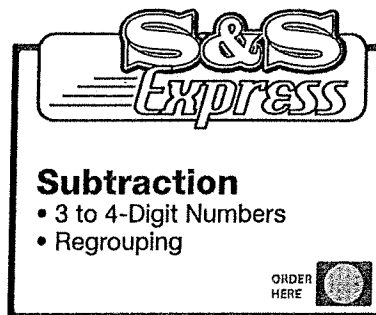
4. Whole Southwest Chicken Wrap or #1 Combo Meal

5. Bottled Water or Chunky Chip Brownie

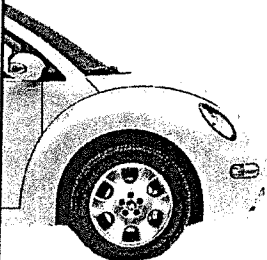


Name _____

Use the *S&S Express* drive-thru menu to find the price for each item you buy. Then use the information provided to find the amount of change you will receive.

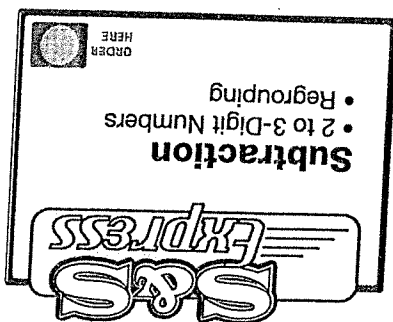


YOU BUY	YOUR COST	YOU PAY	YOUR CHANGE
1. Whole Veggie Sandwich _____		\$10.00	_____
2. Half Southwest Chicken Wrap _____		\$5.00	_____
3. Chunky Chip Brownie _____		\$5.00	_____
4. #3 Combo Meal _____		\$20.00	_____
5. Cup of Vegetable Soup _____		\$10.00	_____
6. Milk _____		\$3.00	_____
7. Coleslaw _____		\$5.00	_____
8. Three Cookies _____		\$2.00	_____
9. Super Value Combo Meal _____		\$20.00	_____

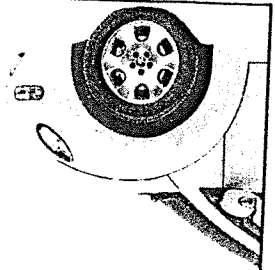


Use the S&S Express drive-thru menu to find how much more money you need to purchase each item listed.

Name _____

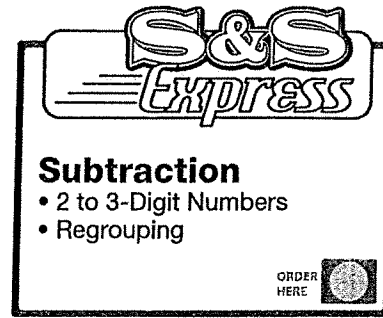


YOU HAVE	YOU WANT	YOU NEED
1. \$2.99	#1 Combo Meal	_____
2. \$1.88	Half Santa Fe Roast Beef Wrap	_____
3. \$.46	Lg. Lemonade	_____
4. \$.75	Coffee	_____
5. \$2.44	Side Caesar Salad	_____
6. \$1.69	Half Steak & Cheese Sandwich	_____
7. \$2.39	Bowl of Chili	_____
8. \$6.77	#3 Combo Meal	_____
9. \$3.68	Whole Veggie Supreme Wrap	_____



Name _____

Use the *S&S Express* drive-thru menu to solve each word problem.



1. Rachel couldn't decide between a half Southwest Chicken Wrap and a half Italian Sandwich. She went with the Italian Sandwich because it was cheaper.

How much cheaper was it? _____

2. Wyatt ordered a #3 Combo Meal. When he went to pay, he discovered that he only had \$8.25.

How much more did Wyatt need? _____

3. Karen and Lori went to the *S&S Express* drive-thru for lunch. Karen got a cup of Vegetable Soup. Lori got a bowl of Chili.

What was the difference in cost between the two orders? _____

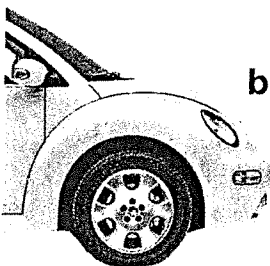
4. April couldn't decide if she wanted one Cookie or three Cookies. She decided to get three. That way, she could eat one and save the rest for later!

How much more did three Cookies cost than one Cookie? _____

5. Cal and his daughter ordered lunch from the drive-thru menu. Cal ordered a #1 Combo Meal. His daughter ordered a #3 Combo Meal.

a. Whose lunch cost less? _____

b. How much less? _____



Name _____

Use the *S&S Express* drive-thru menu to solve each word problem.



1. Steve's boss gave him a \$50.00 bill to buy lunch for the office staff. Steve ordered three #1 Combo Meals, two whole Veggie Sandwiches, and a half Santa Fe Roast Beef Wrap. He brought his boss the change.

a. How much was the total for lunch? _____

b. How much change did Steve bring back? _____

2. Rusty treated his two friends to lunch. He had two \$20.00 bills in his wallet. Each of the three boys ordered the same thing. They had whole Steak & Cheese Sandwiches, Coleslaw, Chips, and large Fountain Drinks.

a. How much was the boys' lunch? _____

b. How much change did Rusty get back? _____

3. Sam and Becky each wanted a whole Baja Chicken Sandwich. Sam had \$15.00. Becky only had \$4.89. Sam said he would loan her some money if she needed it.

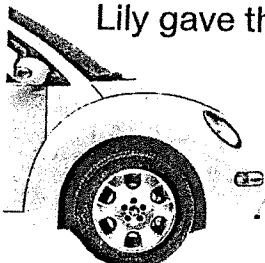
a. How much money did Becky need to borrow? _____

b. How much money did Sam have left after lunch? _____


4. Lily met her friend at *S&S Express* for a late lunch. Lily ordered a #3 Combo Meal, Chips, and a Chunky Chip Brownie. Her friend just ordered a cup of Chili. Lily gave the cashier \$15.00 to pay for her lunch.

a. How much more did Lily spend? _____

b. What was Lily's change? _____



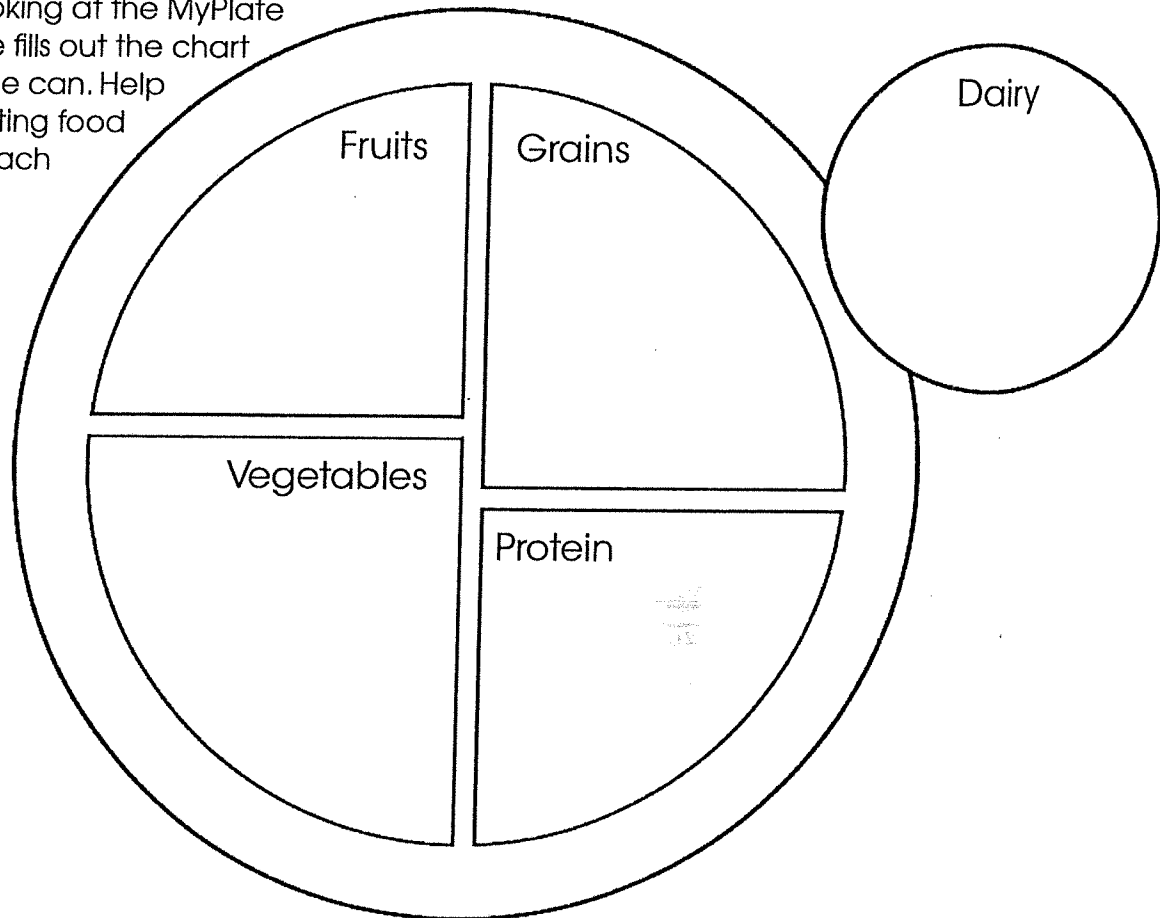
NAME: _____

 Before You Read



Healthy Nutrition and Meal Planning

1. Ana is looking at the MyPlate chart. She fills out the chart as best she can. Help Ana by listing food items in each category.



2. Finish each sentence with a word(s) from the list.

expiration
non-essential

ingredients
recipes

essential
nutrition

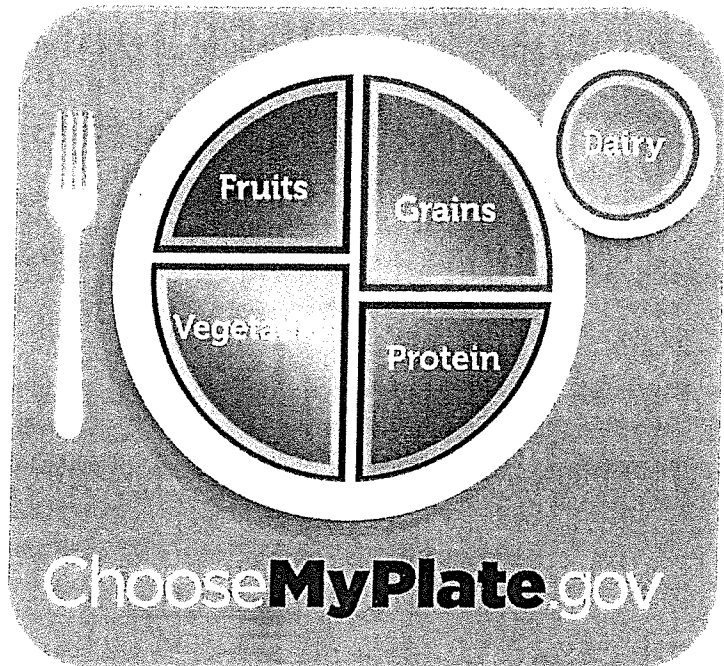
- a) Franco searched online for different chicken _____.
- b) Good _____ leads to a healthy lifestyle.
- c) Anika buys her _____ at the grocery store.
- d) It is _____ the police find the suspect.
- e) Check the _____ date on the milk.
- f) The board decided to cancel _____ activities.



Healthy Nutrition and Meal Planning

Nutrition is the first step to a healthy lifestyle. Nutrition is the food we need so our bodies can grow and be healthy. There are 5 different food groups. This is shown as a food pyramid or plate. This also tells you how much food from each group you should eat in a day to stay healthy.

Our bodies need nutrients to stay healthy. Nutrients are found inside food. They are broken down in our stomachs when we eat. Essential nutrients are ones that only come from what we eat. Non-essential nutrients are ones that we can get from inside our bodies.



Essential	Non-Essential
Fats - fish, nuts	Amino Acids - protein in muscles, cells and tissues
Proteins - meat, cheese, beans	Vitamin D - sunlight
Carbohydrates - vegetables, fruits	Fiber - used for digestion
Vitamins - vegetables, fruits	Cholesterol - made in the liver
Minerals - peanut butter, milk, bananas	

Calories are a way to track how much you should eat to stay healthy. You can find out the calories from fat of all foods.

1. Find out how much fat is in your food. This will be on the label or in a nutritional database.
2. There are 9 calories in 1 gram of fat. Multiply the grams of fat listed for the food by 9.
3. Multiply this by how much you eat.

NAME: _____



Healthy Nutrition and Meal Planning

A healthy lifestyle starts with planning and cooking your own food. This lets you know what you're putting into your body. Knowing this will help you stay healthy.

Try eating lots of little meals instead of a few big meals.

The first thing to do when planning your meal is to look at recipes. Use different meals to make up your week. Have chicken on Monday, then vegetarian on Tuesday. The next thing to do is make your grocery list.

Check flyers for sales and make meals that use some of the same things.

Your grocery list is a list of all the things you need for your recipes. When you have your list, the next step will be to go shopping. Some of the things you will buy will be fresh foods. Others will be pre-packaged. It's important to look at the food labels. Some brands will be better for you than others. For example, canned foods are usually loaded with salt, so try to find ones that have the lowest amount of salt. Also, make sure to check the expiration dates. Look at the back for when the food will go bad.

Now you have your ingredients. The last step in meal planning is to store your food. You may also wish to make all your meals ahead of time. You can then store them in the fridge or freezer. You will learn about food storage and cooking a little later.

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Look at the food label. Find the calories from fat:

(fat) x 9 = calories from fat

calories from fat = _____

Now, find the total amount of calories from fat:

(calories from fat) x (number of servings) =



Healthy Nutrition and Meal Planning

1. **Circle** the word **TRUE** if the statement is TRUE or **Circle** the word **FALSE** if it is FALSE.

a) Essential nutrients are made inside our bodies.

TRUE

FALSE

b) Non-essential nutrients can only be found in food.

TRUE

FALSE

c) The first step in meal planning is looking at recipes.

TRUE

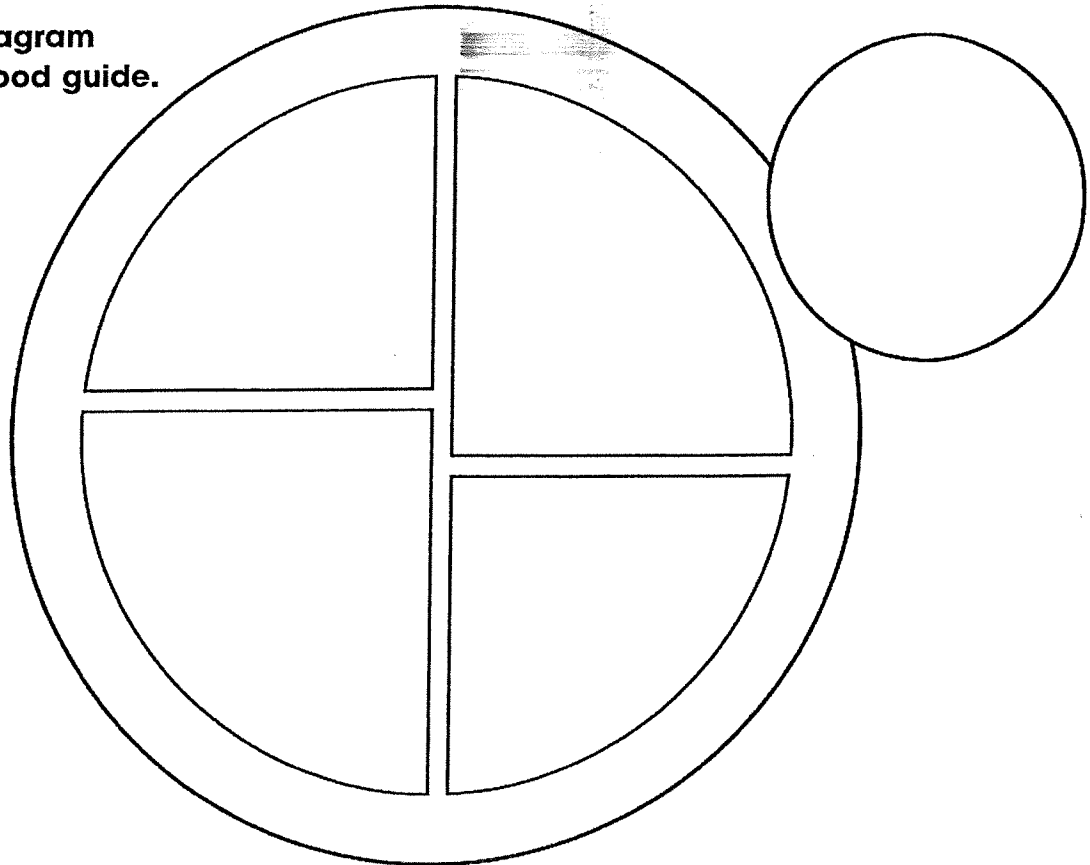
FALSE

d) Check the food labels and expiration dates before buying food.

TRUE

FALSE

2. Label the diagram of MyPlate food guide.



NAME: _____

After You Read



Healthy Nutrition and Meal Planning

3. Sophia goes to the store. She buys fruits, vegetables, meat, and grains. When she gets home, Sophia leaves her groceries out. Then she looks at different recipes. She picks some recipes that use the food she bought. Sophia puts the food away. When done, Sophia writes down what she bought in a list.
- Sophia's process of meal planning is out of order. Put the steps in the right order. Why is this important?

1. _____
2. _____
3. _____
4. _____

Graphic Organizer

4. Use the graphic organizer on page 12 to make your own weekly meal plan.

Write down what you will eat during the week. Try to have small meals with snacks in between. This will help you keep a healthy weight. It will also keep you full all day.

If you want, you can use this chart as a tracker. Keep track of what you're eating during the week. Write down how many calories you can have at the top. Write down how many calories you use at the bottom.

Emotional Check-In

(Level 2)

Name: _____ Date: _____

Calm	Surprised	Cranky	Disappointed
Relaxed	Confused	Bored	Hurt
Happy	Concerned	Upset	Sad
Interested	Nervous	Angry	Depressed
Excited	Afraid	Disgusted	

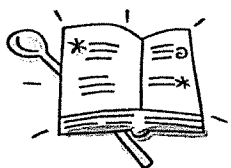
Today, I am feeling _____ because _____

Emotional Check-Out

Name: _____ Date: _____

Calm	Surprised	Cranky	Disappointed
Relaxed	Confused	Bored	Hurt
Happy	Concerned	Upset	Sad
Interested	Nervous	Angry	Depressed
Excited	Afraid	Disgusted	

Today, I am feeling _____ because _____



Following a Recipe

Recipes are instructions you can follow to prepare a meal. You will have to follow a recipe carefully to make sure that you add the proper amounts of each ingredient. If your amounts are not correct your dish may not turn out and you will have wasted your ingredients.

Let's plan a meal. Look at the recipe below. Make a grocery list of the items you will need to purchase to make this meal. Find each of the items at the store and write down the cost of each one. Add each item to find out your total cost to make this meal.

Recipe - Taco in a Bag

Recipe makes 6 servings

- 1 lb. ground beef
- 1 packet taco seasoning
- 6 (2 oz.) bags Frito® corn chips or one (10.25 oz.) bag
- 2 cup lettuce
- 1 chopped tomato
- 1/2 cup salsa
- 1 cup grated cheddar cheese
- 1/2 sour cream

Directions:

1. Place ground beef in a large skillet. Cook and stir over medium heat until browned. Drain excess oil. Mix in the taco seasoning and prepare according to the directions on the package.
2. With the bags unopened, gently crush the corn chips. Cut the bags along the side edge so the bags are open. Spoon equal amounts of the beef mixture, lettuce, tomato, cheddar cheese, salsa, and sour cream into the bags on top of the crushed chips. Serve in the bag and eat using a fork.

Grocery List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

What was the cost of each item? How much would it cost to make this recipe?

Ground beef	\$	Salsa	\$
Taco seasoning	\$	Cheddar cheese	\$
Frito® chips	\$	Sour cream	\$
Lettuce	\$		
Tomato	\$	Total =	\$

Would you make this recipe at home? _____

Job Research

Job Title: _____ ONet Code: _____

Part 1: For each category below, list TWO items that would be a good match for you and TWO items that would NOT be a good match for you. You can shorten or abbreviate as needed.

	Good Match for Me	Not a Good Match for Me
Tasks	<ul style="list-style-type: none">	<ul style="list-style-type: none">
	<ul style="list-style-type: none">	<ul style="list-style-type: none">
Abilities	<ul style="list-style-type: none">	<ul style="list-style-type: none">
	<ul style="list-style-type: none">	<ul style="list-style-type: none">
Work Activities	<ul style="list-style-type: none">	<ul style="list-style-type: none">
	<ul style="list-style-type: none">	<ul style="list-style-type: none">
Interests	<ul style="list-style-type: none">	<ul style="list-style-type: none">
	<ul style="list-style-type: none">	<ul style="list-style-type: none">
Work Styles	<ul style="list-style-type: none">	<ul style="list-style-type: none">
	<ul style="list-style-type: none">	<ul style="list-style-type: none">

Part 2: Find the following information about your job.

Job Training	
Education	
Median Wages	
Projected Growth	

Part 3: Do you think this would be a good job for you? Write a sentence telling some reasons why or why not.

Name: _____ Date: _____

If you were sick, how would you take care of yourself? Are there people you would need to ask for help, who? What are some things that make you feel better? What is the worst part of being sick for you?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Emotional Check-In

Name: _____ Date: _____

Calm Relaxed Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
---	---	--	--

Today, I am feeling _____ because _____

Emotional Check-Out

Name: _____ Date: _____

Calm Relaxed Happy Interested Excited	Surprised Confused Concerned Nervous Afraid	Cranky Bored Upset Angry Disgusted	Disappointed Hurt Sad Depressed
---	---	--	--

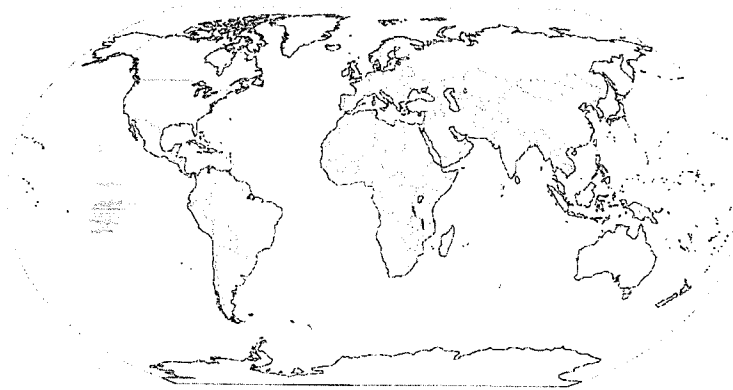
Today, I am feeling _____ because _____

DATE: _____

Pick ONE main story--do not choose "10 out of 10". Answer the following three questions with a complete sentence. FYI: "I don't know" is not an acceptable answer.

- ☐ Which story did you find to be the most interesting? Why?

- ☐ Write TWO facts you learned about the topic.
 - 1.
 - 2.
- ☐ On the map below, label the location(s) mentioned in the CNN 10 News story.

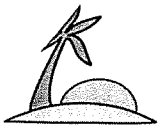
**CONCLUSION QUESTIONS**

★Choose ONE of the following three questions and answer it in a complete sentence.

- ☐ Whose perspective was missing from the main story you chose? (for example: who didn't CNN talk to or who was excluded)

- ☐ What questions do you have about the story? (None is not an acceptable answer)

- ☐ In what way can this story relate to your life or to your family's life? OR, how does this topic relate to a different topic you already know about?



Family Vacation Budget

Rental Car:



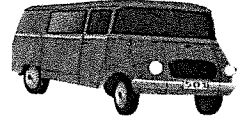
Small



Mid-Size



Sports



Van/SUV

Cost per day

\$35

\$70

\$150

\$175

Type	Cost per day	7 days	Total Cost
		x7	

Food:



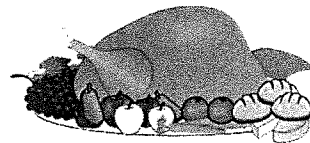
Picnic

\$15



Fast Food

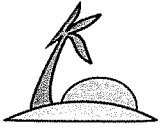
\$35



Large
Family Meal

\$80

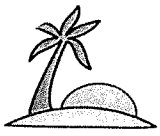
Type	Cost per day	How many days?	Total Cost
Total			



Family Vacation Budget

Item	Cost per day	How many days?	Total Cost
Travel			
Lodging			
Big Activities			
Rental Car			
Food			

Tell us about your vacation! Tell us where you are going and what you are going to do while you are there!



Family Vacation Budget

Lodging:



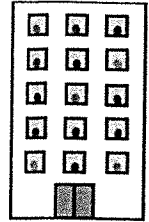
Tents



Rentals



Hotel

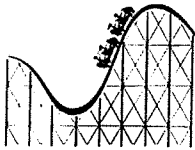


Resort/Condo

Cost per night **\$10** **\$100** **\$175** **\$325**

Type	Cost Per Night	7 nights	Total Cost
		x7	

Activities:



Amusement
Park

\$225



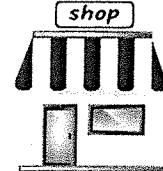
Water
Sports

\$125



Skiing

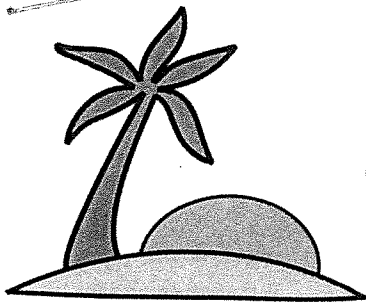
\$100



Shopping

\$60

Type	Cost per day	How many days?	Total Cost
Total			



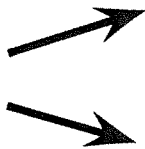
Family Vacation Budget

You are going on vacation! The only catch is that you have to plan all the parts of it! Choose where you want to go and how you will get there to get started. From that point, you will choose what you want to do each day. Be sure to fill in all of your charts and complete the math properly!

Destination:



Beach



Drive



\$500



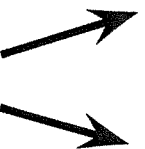
Fly



\$1,000



City



Drive



\$250



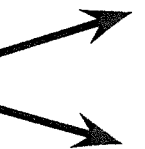
Fly



\$750



Mountains



Drive



\$200



Fly



\$650

Location	Drive or Fly?	Cost

Emotional Check-In

Name: _____ Date: _____

Calm	Surprised	Cranky	Disappointed
Relaxed	Confused	Bored	Hurt
Happy	Concerned	Upset	Sad
Interested	Nervous	Angry	Depressed
Excited	Afraid	Disgusted	

Today, I am feeling _____ because _____

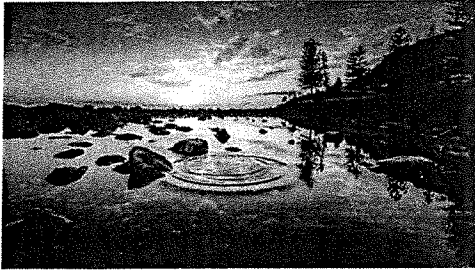
Emotional Check-Out

Name: _____ Date: _____

Calm	Surprised	Cranky	Disappointed
Relaxed	Confused	Bored	Hurt
Happy	Concerned	Upset	Sad
Interested	Nervous	Angry	Depressed
Excited	Afraid	Disgusted	

Today, I am feeling _____ because _____

Pollution Control Devices



The goal of pollution control devices is to keep our air and water clean.

Brief History of Pollution Control Devices

Pollution control has been a struggle for centuries. As early as the 13th century, air pollution was considered a problem. This problem worsened with the Industrial Revolution, beginning in the 18th century, in which advances in technology lead to increased air and water contamination. Such pollution continues to result in air and water contamination, health issues, climate change, and extinctions to this day. **Pollution control devices** aim to reduce pollution, and, by extension, the harm it causes. Pollution control became a major goal in the United States with the establishment of the Environmental Protection Agency (EPA) in 1970 and subsequent air and water regulations. Innovations in pollution control devices and pollution regulations have progressed in recent years. However, many countries are unable to afford pollution control and/or do not have sufficient regulations, leading to families resorting to contaminated water for hydration and high air pollution. For example, in developing countries, 70% of industrial waste is not treated before being offloaded into the water system. Until the 1970s, sewage in United States cities was similarly handled: piped untreated into nearby bodies of water. Drinking contaminated water may cause several serious negative health effects, including gastrointestinal illnesses such as giardia and salmonellosis, and liver infections such as hepatitis. Air pollution can lead to asthma and other respiratory problems.



Water contamination can cause severe health problems.



Air pollution causes respiratory problems.

It is hoped that future innovations will lead to more efficient and affordable pollution control devices.

This article will investigate the goals and functions of three current pollution control devices.

Three Pollution Control Devices and How They Work

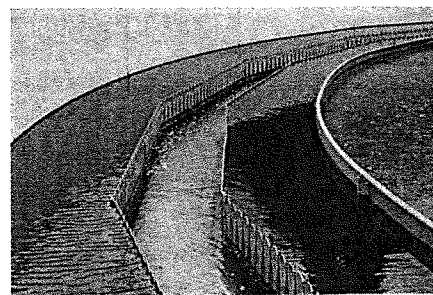
There are a variety of pollution control devices that have helped to decrease air and water pollution. Three such devices are **sewage treatment plants**, **thermal oxidizers**, and **catalytic**

converters. However, these are just an example of the many other pollution control devices currently in use, including filters, settling chambers, cyclone collectors, and scrubbers.

Sewage treatment plants allow sewer water to be recycled.

Without sewage treatment facilities, water pollution would be much more prevalent. Sewage treatment plants work by collecting wastewater from communities and pumping the water underground to the treatment plant. At the plant, floating grit such as mud and dirt are filtered from the water.

The water then flows to the next set of tanks, in which about 60% of solid wastes settle out, creating a layer of sludge on the tank bottoms. Grease and oil that float on top of the water are scraped off and carried to the bottom. The scrapers that collected the grease and oil also push the sludge into pumps. Finally, oxygen is pumped into the remaining sewage water to rapidly grow microbes, which consume wastes, removing toxins. The remaining water is then disinfected, and the clean water is pumped to a nearby body of water. The sludge



Sewage treatment facilities reduce water contamination.



Thermal oxidizers reduce air pollution.

collected (mud, dirt, and solid waste) is also cleaned. Disease-causing bacteria is killed by heating the sludge. The remaining material is turned into fertilizer and used for agricultural purposes.

Many industries use **thermal oxidizers** to reduce air pollution. Industrial pollution is sent to a chamber where it is *oxidized* – chemically combined with oxygen at high temperatures. This oxidation process destroys contaminants, and the remaining gas is released into the atmosphere in the

form of CO₂, water vapor, and heat.

The **catalytic converter** was invented in 1975 after the EPA established regulations for toxic emission reduction. Catalytic converters are used to convert harmful pollutants from automobile engines into less harmful emissions before the pollutants are released



Catalytic converters reduce harmful automobile exhaust emissions.

into the atmosphere. Catalytic converters produce a *redox reaction* – simultaneous oxidation and reduction reactions. A *reduction* reaction is the opposite of an oxidation reaction: an oxygen is lost from a reactant. These simultaneous reactions convert 98% of harmful fumes into less harmful products, such as carbon monoxide into carbon dioxide with the addition of an oxygen. Although catalytic converters have greatly aided in reducing contaminants in the environment, emissions from motor vehicles are still the leading cause of air pollution in the United States.

Current Applicability of Pollution Control Devices

Pollution control devices are applied in many areas of industrial work. Since the Clean Air Act (1970) and Clean Water Act (1972), regulations for industrial and automotive pollution in the United States have increased, resulting in less loss of life due to environmental accidents. Pollution control devices have also been important in decreasing and reversing the effects of climate change.



In Vietnam, many people wear masks to protect themselves from air pollution.

Not all countries have strict regulations or access to pollution control devices. For example, many citizens in China and Vietnam must wear masks to prevent diseases that may result from the dense pollution in the atmosphere. A lack of awareness and regulations in these countries is often blamed

for such extreme conditions. With increasing awareness about pollution control, governments can establish pollution control policies and individuals can make educated decisions about appropriate personal choices.

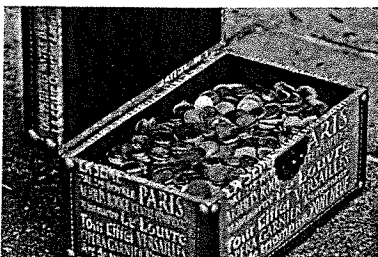
In addition, toxic sites around factories and farms still exist. While flow and emissions from some activities are currently being controlled, such contaminated sites need to be cleaned up. In the past, such contaminants were removed from the ground and taken to a landfill. However, some plant, fungus, and bacteria species can break down certain toxic chemicals and their use in cleaning up existing pollution is currently being researched.



Some plants can break down dangerous chemicals. Some species of fern, for example, can safely absorb arsenic, which is deadly to many life forms.

Controversy

The biggest controversy surrounding pollution control devices is their expense. Many argue that



Pollution control devices are expensive.

there must be a balance between regulations and affordability. Until more efficient methods are found, some believe that stricter regulations should be put on hold. Others argue, however, that climate change resulting from pollution must be swiftly dealt with if health issues and species extinctions are to be avoided.

Impact of Pollution Control Devices on the Environment

With the increased prevalence of pollution control devices, pollution and the deaths it causes have been reduced. In the 1940s and 1950s, thousands of people were killed and thousands more made ill by air pollution in the UK and US. For example, 4,000 people were killed when pollutants mixed with air condensation in London in 1952. Today, deaths related to air and water contamination are lower in developed countries, but not entirely eliminated.

The Future of Pollution Control

Future innovations may make pollution control both more efficient and more affordable. Many companies are racing to be the first to invent the next big pollution control device. Cleaner air and water will only further decrease pollution-related deaths and health problems.

Reading Comprehension Questions

1. What are some consequences of air and water contamination?
2. Name three pollution control devices.
3. What does it mean when something is "oxidized."
4. What is a redox reaction?
5. What may be the biggest controversy regarding pollution control devices?
6. What happened in England in 1952 because of pollution?

Extension Questions

7. What is your stance on the affordability vs. regulation debate? Should pollution control devices be made more affordable before being applied, or should immediate action be taken due to climate conditions? Use factual evidence to support your stance.
8. Are there any personal decisions that you believe you will change after studying air pollution and water contamination? What type of regulations (or deregulations) would you like to see in place after studying the effects of air pollution and water contamination?

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> 8-9Am Have some breakfast, take your time. Fill in AM Check in 9-9:15 Hygiene 9:15-9:45 Morning Quote & Reflection 10-11:30 AM Vocational Tasks, *use your chore sheet to decide what you will do, have your care takers help decide. Fill out daily work reflection, have caretaker fill 	<ul style="list-style-type: none"> 8-9Am Have some breakfast, take your time. Fill in AM Check in 9-9:15 Hygiene 9:15-9:45 Morning Math 10-11:30 AM Vocational Tasks, *use your chore sheet to decide what you will do, have your care takers help decide. Fill out daily work reflection, have caretaker fill out vocational 	<ul style="list-style-type: none"> 8-9Am Have some breakfast, take your time. Fill in AM Check in 9-9:15 Hygiene 9:15-9:45 Writing Wednesday 10-11:30 AM Vocational Tasks, *use your chore sheet to decide what you will do, have your care takers help decide. Fill out daily work reflection, have caretaker fill out 	<ul style="list-style-type: none"> 8-9Am Have some breakfast, take your time. Fill in AM Check in 9-9:15 Hygiene 9:15-9:45 Current Events. Watch the news, or www.CNN10.com 10-11:30 AM Vocational Tasks, *use your chore sheet to decide what you will do, have your care takers help decide. Fill out daily 	<ul style="list-style-type: none"> 8-9Am Have some breakfast, take your time. Fill in AM Check in 9-9:15 Hygiene 9:15-9:45 10-11:30 AM Vocational Tasks, *use your chore sheet to decide what you will do, have your care takers help decide. Fill out daily work reflection, have caretaker fill out vocational

			about what you are most proud of.	
--	--	--	---	--

GO Workload

Reading:

Color/Label	Matching
Word Definitions	Read and Do
Look, Think, Read	Count Syllables
Write the Word	Cut/Paste Activity
Build A Sentence	Sentence Completion
Story: Mixing Colors	Story: Mouse in the City
Story: Applesauce	Story: Maria and Her Teacher
Story: My Pet Dinosaur	

Math:

Count Coins Worksheet 1	Count Coins Worksheet 2
Count Coins Worksheet 3	Count Coins Worksheet 4
Count Coins Worksheet 5	Dot-to-Dot
Patchwork Math	Which is Greater?
What Comes Next?	Time to the Hour
Time to the Half Hour	Time to the Quarter Hour
Graphing	

Science:

Experiment 1: Rock Candy	Experiment 2: Shaving Cream Art
Experiment 3: Candy Acid Test	Experiment 4: Float/Sink Candy
Experiment 5: Salt Art	

Social Studies:

Geography 1: Tennis Court	Geography 2: Atlanta, Georgia

Behavior:

Social Story 1: Keeping Your Hands to Yourself	Social Story 2: Always Be A Good Sport
Social Story 3: You Can Dress Yourself	Social Story 4: Put Your Toys Away
Social Story 5: Stay Seated on the Bus	

“ I find
that the
harder I work,
the
more luck
I seem
to have ”

- Thomas Jefferson

"Quote of the Week"

Name: _____ Date: _____

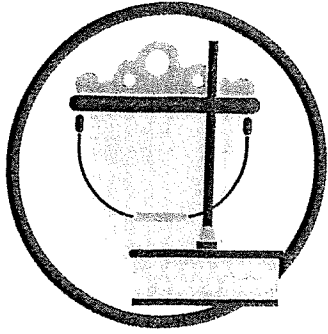
1. What does it mean? _____

2. Why do you think this person said it? _____

3. How can you apply this quote to your own life?

Self-Esteem Journal

MON.	Something I did well today...	
	Today I had fun when...	
	I felt proud when...	
TUE.	Today I accomplished...	
	I had a positive experience with...	
	Something I did for someone...	
WED.	I felt good about myself when...	
	I was proud of someone else...	
	Today was interesting because...	
THUR.	I felt proud when...	
	A positive thing I witnessed...	
	Today I accomplished...	
FRI.	Something I did well today...	
	I had a positive experience with (a person, place, or thing)...	
	I was proud of someone when...	
SAT.	Today I had fun when...	
	Something I did for someone...	
	I felt good about myself when...	
SUN.	A positive thing I witnessed...	
	Today was interesting because...	
	I felt proud when...	



WEEKLY *cleaning*

DAILY

- ☐ wipe counters
- ☐ make beds
- ☐ wash dishes
- ☐ one load of laundry
- ☐ take out trash
- ☐ clean kitchen floor in the evening

MONDAY (bathrooms)

- ☐ clean toilets
- ☐ clean sinks, mirrors & counters
- ☐ clean showers & bathtubs
- ☐ wash bath rugs & replace towels
- ☐ sweep & mop floors

TUESDAY (living room)

- ☐ straighten shelves & cabinets
- ☐ vacuum, sweep & mop
- ☐ wash windows & blinds
- ☐ organize toys & declutter

WEDNESDAY (kitchen)

- ☐ clean stove / cooktop
- ☐ clean counters & sink
- ☐ wipe down fridge & freezer
- ☐ clean inside microwave
- ☐ sweep & mop floors

THURSDAY (bedrooms)

- ☐ dust & vacuum
- ☐ change bed sheets
- ☐ organize & declutter
- ☐ sort dirty laundry
- ☐ clean windows & blinds
- ☐ straighten closets & drawers

FRIDAY (halls & stairs)

- ☐ dust & vacuum
- ☐ straighten drawers, desks & shelves
- ☐ wipe off washer & dryer
- ☐ dust ceiling fans & light fixtures
- ☐ straighten & declutter closets

WEEKEND (outdoors)

- ☐ sweep porch & patio
- ☐ clean & organize garage
- ☐ mow lawn & clean out weed beds
- ☐ clean out cars

MISC.

- ☐
- ☐
- ☐
- ☐
- ☐



DAILY *cleaning*

BATHROOMS

- ☐ wipe toilet seat
- ☐ clean mirror & countertop
- ☐ wipe off shower /bathtub
- ☐ replace dirty towels

☐

☐

☐

KITCHEN

- ☐ sweep floors
- ☐ wash dishes
- ☐ clean sink
- ☐ wipe down countertops & tables
- ☐ take out trash

☐

☐

☐

BEDROOMS

- ☐ make beds
- ☐ declutter
- ☐ fold & put away clothes

☐

☐

☐

LIVING AREAS

- ☐ vaccuum / sweep if needed
- ☐ declutter
- ☐ fold throw blankets
- ☐ straighten throw pillows
- ☐ straighten up desks
- ☐ throw away old papers & notes

☐

☐

☐

☐

☐

MISC.

- ☐ check mail & get packages
- ☐ do one load of laundry
- ☐ sweep porch

☐

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Name: _____ Date: _____

1.	1 2 3 4 5 6 7 8	<p>* Materials/Work Ready (Complete Incomplete)</p> <p>* Level of Prompting (0-2 2-4 5+)</p> <p>* Work Completion (Full Minimal None)</p> <p>* Participation/Engagement (Full Minimal None)</p> <p>* Social Communications</p> <ul style="list-style-type: none"> · Interrupting (expected/ unexpected) · Extraneous/Off Topic (expected/unexpected) · Responses (expected / unexpected) <p>* Regulation (emotion/body speed) (yes no N/A)</p>
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Vocational Evaluation

Name: _____

Date: _____

Location/Description: _____

Vocational Expectations	5	4	3	2	1	Comments
1. Appropriate Words/Actions						
2. Follow Directions						
3. Maintain Focus on Task						
4. Prompting: Level of Verbal						
5. Prompting: Level of Visual						
6. Attention to Job Directions						
7. Appropriate Clothing						
8. Level of Hygiene						
9. Response to Corrections						
10. Appropriate Conversations						
11. Respectful Interactions – All						
12. Problem Solving Strategies						
13. Completion of Work Session						
14. Advocate Appropriately						
15. Adaptability						
16. Seeking Help when necessary						
17. Level of Complaining						
18. Appropriate Body Language						
19. Appropriate Pacing –Work Speed						
20. Appropriate Responses to Challenges						
TOTALS						

Commute: _____

Name:

Commute:

Vocational Evaluation

Name: _____

Date: _____

Location/Description: _____

Vocational Expectations	5	4	3	2	1	Comments
1. Appropriate Words/Actions						
2. Follow Directions						
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20. Appropriate Responses to Challenges						
TOTALS						

Commute: _____

ON THE COBBURGERS

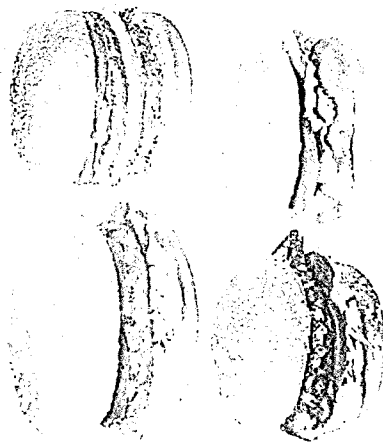
Scrambled Egg Wrap \$2.39
 Egg & Cheese Bagel \$2.64
 Biscuits & Gravy \$2.25
 Breakfast Burrito \$3.15
 Pancakes & Syrup \$2.75
 Hash Brown Potatoes \$1.05
 Sausage & Eggs \$2.86

Jr. Burger \$1.89
 Jumbo Burger \$2.99
 Double Burger \$3.87
 Cheeseburger \$3.09
 BBQ Chicken Burger \$3.76
 Fish Burger \$2.99
 Veggie Burger \$3.19

ORDER HERE



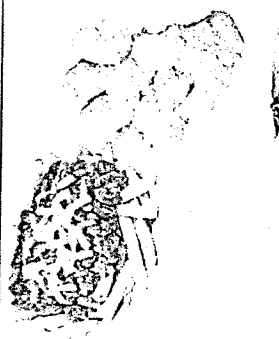
#1 Jumbo Burger Deluxe
 Jumbo Burger • Fries • Lg. Drink
\$6.88



REAL DEAL MEALS!

#2 Burger Light
 Jr. Burger • Small Salad • Sm. Drink
\$5.75

#3 Chicken Deluxe
 Chicken Burger • Fries • Lg. Drink
\$7.10



House Salad Sm. \$2.66 Lg. \$3.99
 Caesar Salad Sm. \$3.09 Lg. \$4.99
 Veggie Supreme Salad \$3.09 \$4.99
 Southwest Chicken Salad \$3.28 \$5.29
 Grilled Chicken Salad \$3.28 \$5.29

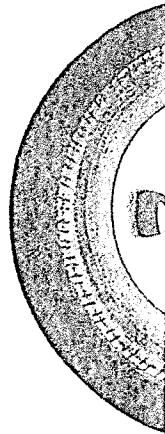
French Fries Sm. \$1.46 Lg. \$2.35
 Chlr Cheese Fries \$2.46 \$3.35
 Fish Sticks 6 pc. \$3.42 10 pc. \$5.18
 Chick-ettes 6 pc. \$3.42 10 pc. \$5.18

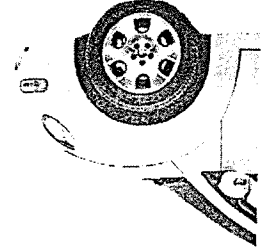
DESSERTS

Ice Cream Cone Sm. \$1.09 Lg. \$1.87
 Hot Fudge Sundae \$1.34 \$2.09
 Milk Shakes \$2.45 \$3.56
 (Vanilla, Strawberry, Chocolate)

BEVERAGES

Sm. \$1.09 Med. \$1.39 Lg. \$1.69
 Soda, Iced Tea, Lemonade
 Coffee \$1.55
 Hot Chocolate \$1.88
 Milk \$1.45





Use the *On the Go Burgers* drive-thru menu to answer the questions.

Name _____

1. What is the most expensive item on the menu?

2. How much does a Veggie Burger cost?

3. Which costs more: an Egg & Cheese Bagel or Pancakes & Syrup?

4. How much do you pay for a large order of Chili Cheese Fries?

5. What is the least expensive item on the menu?

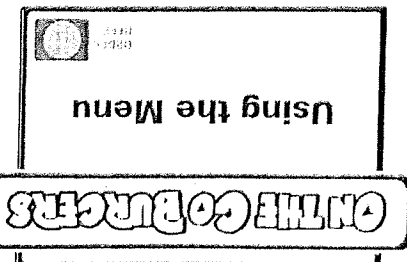
6. What is the most expensive beverage on the menu?

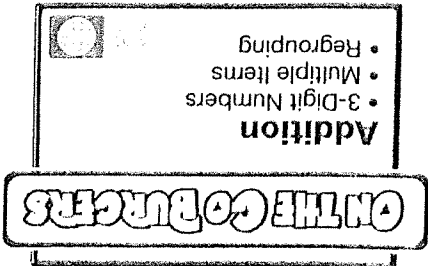
7. How much do you pay for a Jumbo Burger Deluxe Meal?

8. Which costs more: a small Caesar Salad or a small Grilled Chicken Salad?

9. Name an item you could buy if you had \$2.00 to spend.

10. What is the least expensive dessert on the menu?





Use the *On the Go Burgers* drive-thru menu to solve each word problem.

1. Greg ordered a Double Burger, a large order of French Fries, and a medium Soda.

How much did Greg spend?

2. Gina picked up breakfast on the way to work. She bought an Egg & Cheese Bagel and a medium Iced Tea for herself. She bought her boss a Coffee.

How much did Gina pay?

3. Mrs. Wilkes treated her three children to a snack on the way home from school. She got each of them a small Ice Cream Cone. She got herself a small Strawberry Milk Shake.

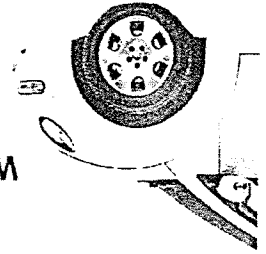
What amount did Mrs. Wilkes pay?

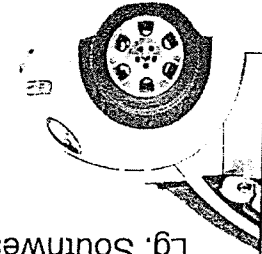
4. Paul was so busy that he skipped lunch, so he was very hungry at dinner. He ordered a Jumbo Burger Deluxe Meal, a small Veggie Supreme Salad, and a large Hot Fudge Sundae.

How much did Paul spend?

5. Derek and John stopped at the drive-thru on their way home from the game. Derek got a Cheeseburger and a small Soda. John got a large order of French Fries and a small Soda.

What was their total cost?





1. Scrambled Egg Wrap	_____	_____	_____
Jr. Burger	_____	_____	_____
2. Jumbo Burger Deluxe Meal	_____	_____	_____
Veggie Burger	_____	_____	_____
3. Sm. Chili Cheese Fries	_____	_____	_____
Lg. Ice Cream Cone	_____	_____	_____
4. Lg. Grilled Chicken Salad	_____	_____	_____
6-pc. Fish Sticks	_____	_____	_____
5. Sausage & Eggs	_____	_____	_____
Pancakes & Syrup	_____	_____	_____
6. 10-pc. Chick-ettes	_____	_____	_____
BBQ Chicken Burger	_____	_____	_____
7. Burger Light Meal	_____	_____	_____
Lg. Southwest Chicken Salad	_____	_____	_____

MENU ITEMS

COST

DIFFERENCE
IN COST

Use the *On the Go Burgers* drive-thru menu to find the price for each item listed. Then find the difference in cost between the items in each problem.

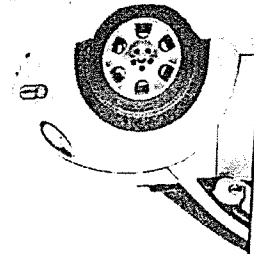
Name _____

ON THE GO BURGERS

Subtraction

- 3-Digit Numbers
- Regrouping





YOU BUY	YOUR COST	YOU PAY	YOUR CHANGE
1. Cheeseburger	_____	\$5.00	_____
2. Lg. Grilled Chicken Salad	_____	\$10.00	_____
3. Pancakes & Syrup	_____	\$3.00	_____
4. Sm. Chili Cheese Fries	_____	\$5.00	_____
5. Lg. Milk Shake	_____	\$4.00	_____
6. Fish Burger	_____	\$10.00	_____
7. Jumbo Burger Deluxe Meal	_____	\$20.00	_____
8. Lg. Iced Tea	_____	\$2.00	_____
9. 10-pc. Chick-ettes	_____	\$10.00	_____

Use the *On the Go Burgers* drive-thru menu to find the price for each item you buy. Then use the information provided to find the amount of change you will receive.

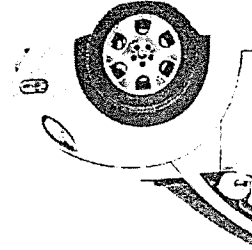
ON THE GO BURGERS

Subtraction

- 3 to 4-Digit Numbers
- Regrouping

GRADE 3
MATH

Name _____



1.	\$3.86	Burger Light Meal	_____
2.	\$1.66	Fish Burger	_____
3.	\$1.19	Sausage & Eggs	_____
4.	\$3.95	10-pc. Chick-ettes	_____
5.	\$.69	Lg. Ice Cream Cone	_____
6.	\$4.93	Jumbo Burger Deluxe Meal	_____
7.	\$3.18	BBQ Chicken Burger	_____
8.	\$2.98	Breakfast Burrito	_____
9.	\$2.18	Lg. Caesar Salad	_____

YOU HAVE

YOU WANT

YOU NEED

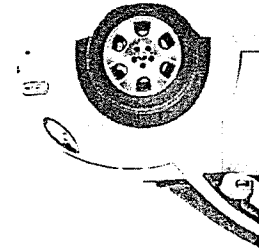
Use the *On the Go Burgers* drive-thru menu to find how much more money you need to purchase each item listed.

Name _____

ON THE GO BURGERS

Subtraction
• 2 to 3-Digit Numbers
• Regrouping





Use the *On the Go Burgers* drive-thru menu to solve each word problem.

Name _____

1. How much more does a Fish Burger cost than a Jr. Burger?

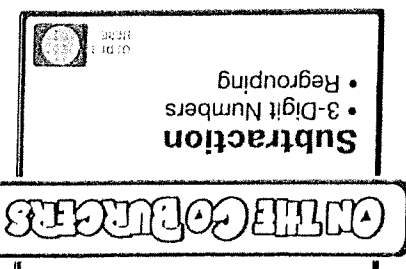
2. How much will you save if you buy a small Southwest Chicken Salad instead of a large Southwest Chicken Salad?

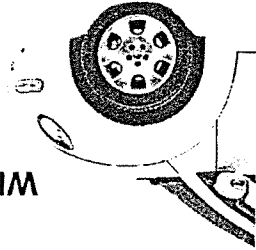
3. You want to buy an order of Biscuits & Gravy. You have \$2.10 in your wallet. How much more money do you need?

4. A Chicken Deluxe Meal costs more than a Jumbo Burger Deluxe Meal. How much more?

5. Find the difference in cost between a 6-piece order of Fish Sticks and a 10-piece order of Fish Sticks.

6. A large Grilled Chicken Salad costs more than a small order of French Fries. How much more?





What is your change?

5. You buy two Chicken Deluxe Meals and two large Ice Cream Cones. You pay with a \$20.00 bill.

How much more money does Bob need?

4. Bob wants an Egg & Cheese Bagel, Hash Brown Potatoes, and a Coffee for breakfast. He has \$3.49.

What was Alex's change?

3. Alex bought an order of 10-piece Chick-ettes, a small House Salad, and a Hot Chocolate. He gave the cashier \$20.00.

What was Sara's change?

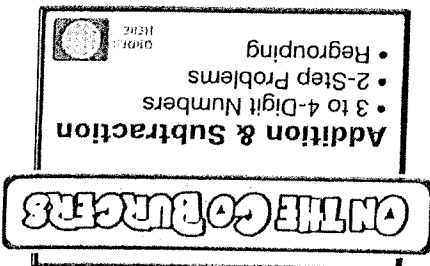
2. Sara ordered a Jumbo Burger Deluxe Meal and two small Hot Fudge Sundaes for lunch. She paid with a \$10.00 bill.

How much more money will you need?


1. You would like to buy a Double Burger, a large order of French Fries, and a large Lemonade. You have \$6.44.

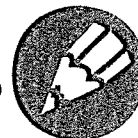
Use the *On the Go Burgers* drive-thru menu to solve each word problem.

Name _____



NAME: _____

 Before You Read

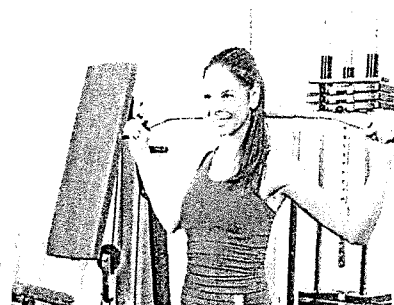


Exercise and Fitness

1. Ye-Jun eats as much as he wants. He doesn't always eat healthy. He walks 1 mile to school every day. Other than that, he sits around the house watching TV. Is Ye-Jun's lifestyle a healthy one? Why or why not?



2. Katie goes to the gym every day. She sits a lot at work, but makes sure to take many breaks where she walks around. She watches what she eats and makes sure she doesn't eat too much. Is Katie's lifestyle a healthy one? Why or why not?



3. Write each word beside its meaning.

fitness

exercise

weight

calories

diet

- a)** Activities that make you sweat and raise your heart rate.

- b)** Found in food, it can be burned off with exercise.

- c)** The action of working out and being healthy.

- d)** Stopping yourself from eating too much of certain foods.

- e)** How heavy or light something is.



Exercise and Fitness

Nutrition is one part to a healthy lifestyle. The other is exercise and fitness. Fitness is what you do to look good and be healthy. Exercise is what you do to stay fit. Your weight is a way to track how fit and healthy you are.

A healthy diet + exercise

=

a healthy lifestyle

The Body Mass Index (BMI) calculator helps you find what your weight should be. Use this calculator to set a weight that you want to be. From there, you can find out how many calories you need to reach this weight.

Daily Calorie Intake Low = Body Weight (pounds) \times 14

Daily Calorie Intake High = Body Weight (pounds) \times 17

Daily Calorie Intake Range = Body Weight (pounds) \times 14 – Body Weight (pounds) \times 17

For a more correct estimate of your daily calorie intake, use the Mifflin-St Jeor equation online (<http://www.calculator.net/calorie-calculator.html>).

Calories are found in food. When you eat food, you gain calories. Physical activity burns calories. If you eat more calories than you can burn, you will gain weight. If you burn more calories than you eat, you will lose weight.

$$\text{BMI} = (\text{weight (lb)} \div \text{height}^2 (\text{in})) \times 703$$

HEIGHT
= 60 Inches

WEIGHT
= 130 lbs

$$\begin{aligned}\text{BMI} &= (130 \text{ lb} \div 60^2 \text{ in}) \times 703 \\ \text{BMI} &= (130 \text{ lb} \div 3600 \text{ in}) \times 703 \\ \text{BMI} &= 0.036 \times 703\end{aligned}$$

RESULTS: **BMI = 25.308 lb/in²**

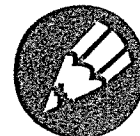
Zoe is 15, weighs 130 lbs and is 5 feet tall. She feels overweight and out of shape. She uses the BMI calculator to find what her healthy weight range is.

Category	BMI Range - lb/in ²
Underweight	<18.5
Normal	18.5 – 25
Overweight	>25



Try it online:

<http://www.calculator.net/bmi-calculator.html>



Exercise and Fitness

One way to lower your calories is by going on a diet. This means you don't eat a certain type or amount of food. The goal of this is to lose weight. There are lots of different diets out there to choose from, but be careful, not all of them are safe.

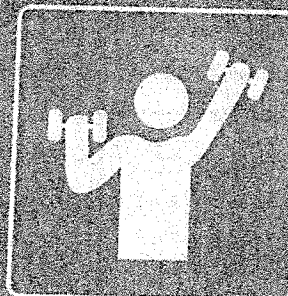
Health Tip: Try eating smaller amounts of food. Find food that is good for you, but fills you up. The trick is to find foods with low calories.

Another way to lose weight is by exercising. Exercising lets you burn off calories. You can do some exercises if you eat too much. This will help you lose weight. Just keep in mind, it's easy to get hurt when exercising. Know your limits and don't push yourself too hard.

Remember, it takes time to lose weight. Take your time and keep working on your new healthy lifestyle.

Exercise Benefits for the Body

STRONG MUSCLES
STRONG HEART AND LUNGS
LESS RISK OF DISEASE
RELAX
LOSE WEIGHT
LOOK BETTER
FEEL BETTER ABOUT YOURSELF



Zoe uses the Mifflin-St Jeor equation to find out what her daily calorie intake should be.

$$\text{Daily Calorie Intake} = (10 \times \text{Weight}) + (6.25 \times \text{Height}) - (5 \times \text{Age}) + 5$$

Zoe wants to reach a healthy weight of 110 lbs. She decides to lose 1 pound per week. She uses the following equation to find out how many calories she can have.

$$\text{Daily Calorie Intake} = (10 \times \text{Weight}) + (6.25 \times \text{Height}) - (5 \times \text{Age}) + 5$$



Try it online: <http://www.calculator.net/calorie-calculator.html>



Exercise and Fitness

1. Find each person's BMI below. Then, **Circle** the word **UNDERWEIGHT**, **NORMAL** or **OVERWEIGHT** to describe them.

- a) Mariam weighs 110 pounds and is 5 feet, 2 inches tall.

UNDERWEIGHT

NORMAL

OVERWEIGHT

- b) Omar weighs 130 pounds and is 6 feet tall.

UNDERWEIGHT

NORMAL

OVERWEIGHT

- c) Nikola weighs 136 pounds and is 5 feet 3 inches tall.

UNDERWEIGHT

NORMAL

OVERWEIGHT

- d) Christina weighs 172 pounds and is 5 feet, 8 inches tall.

UNDERWEIGHT

NORMAL

OVERWEIGHT

2. Fill in each blank with the correct word(s) from the reading.


One way to manage your _____ is by going on a _____. The
a b

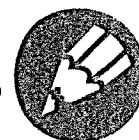
_____ of this is to lose weight. Another way to lose weight is by _____.
c d

This lets you _____ calories. This will help you _____ weight. Know your
e f

_____ and don't push yourself too hard.
g

NAME: _____

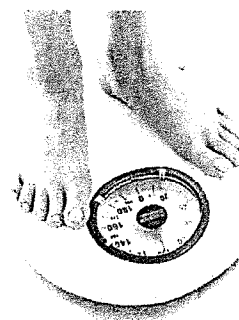
After You Read 



Exercise and Fitness

3. Lucas is 17, weighs 110 lbs, and is 5 feet, 6 inches tall. What is his BMI?

Write your calculations here:



Based on his BMI, should Lucas keep his current weight, gain weight, or lose weight?

☐ Keep Weight

☐ Gain Weight

☐ Lose Weight

What should Lucas' daily calorie intake be?

Write your calculations here:

Graphic Organizer

4. Use the graphic organizer on page 12 to make a fitness routine.

First, look at the Cause and Effect chart to find out what type of fitness routine you want.

Then, look at the eat and exercise columns. See what foods you should eat. Find out what exercises you should do.

Finally, make your own exercise and fitness routine.



Exercise and Fitness

Fitness Routine Cause and Effect

EFFECT	CAUSE	HOW	EAT	EXERCISE	ROUTINE
Lose Fat	Burn stored calories	Exercise and Diet	<ul style="list-style-type: none">• Leafy Greens• Whole Grains• Fish• Milk• Avocados• Brazil Nuts• Soy Protein	<ul style="list-style-type: none">• Cardio• Walking• Running• Treadmill• Biking• Sports	
Keep Weight	Maintain	Stay the same	Keep track of what you're eating so you don't eat below or above your calorie limit.	Light exercise to maintain a healthy lifestyle.	
Build Muscle	Store calories	Exercise and Diet	<ul style="list-style-type: none">• Protein• Fats• Salmon• Eggs• Almonds• Sweet• Potatoes• Apples	<ul style="list-style-type: none">• Weights• Strength Training	

Emotional Check-In

Name: _____ Date: _____

Calm	Surprised	Cranky	Disappointed
Relaxed	Confused	Bored	Hurt
Happy	Concerned	Upset	Sad
Interested	Nervous	Angry	Depressed
Excited	Afraid	Disgusted	

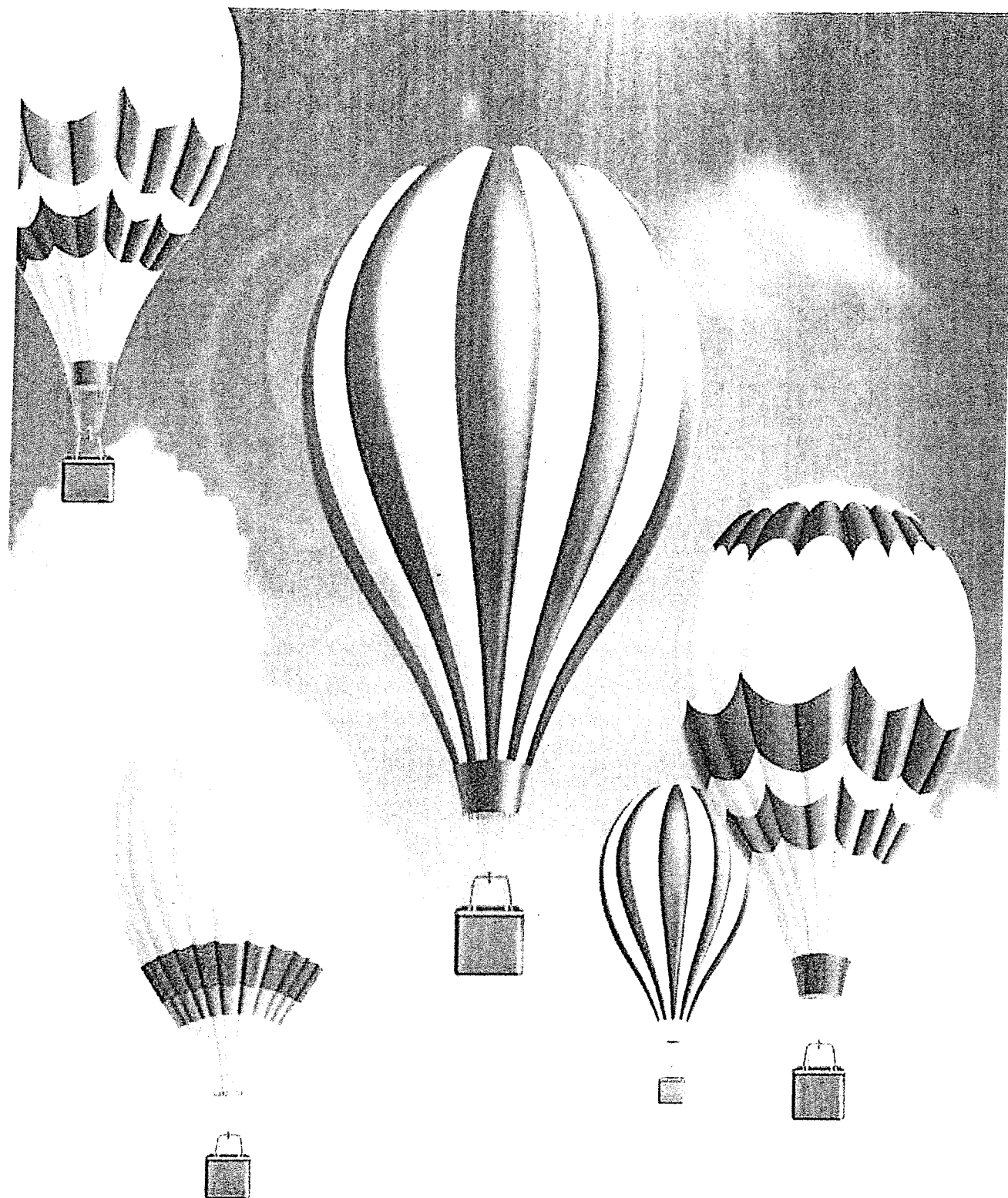
Today, I am feeling _____ because _____

Emotional Check-Out

Name: _____ Date: _____

Calm	Surprised	Cranky	Disappointed
Relaxed	Confused	Bored	Hurt
Happy	Concerned	Upset	Sad
Interested	Nervous	Angry	Depressed
Excited	Afraid	Disgusted	

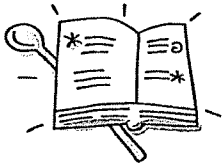
Today, I am feeling _____ because _____



Name: _____ Date: _____

If you could go anywhere or do anything right now, what would it be? Do not worry about the cost. It can be whatever pops into your brain. What would you do? Where would you go? Why?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper appears to be a standard notebook page.



Following a Recipe

Recipes are instructions you can follow to prepare a meal. You will have to follow a recipe carefully to make sure that you add the proper amounts of each ingredient. If your amounts are not correct your dish may not turn out and you will waste your ingredients.

Let's plan a meal. Look at the recipe below. Make a grocery list of the items you will need to purchase to make this meal. Find each of the items at the store and write down the cost of each one. Add each item to find out your total cost to make this meal.

Crockpot Cinnamon Apples Recipe

Recipe makes 6 servings

- 1 cup golden raisin
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{4}$ cup light brown sugar, packed
- 1 tablespoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg
- 3 tablespoons cornstarch
- 4 tablespoons butter, sliced

Directions:

1. Put all ingredients EXCEPT BUTTER into crock pot; stir well coating all apple slices. Place slices of butter on top.
2. Cook on HIGH for 1-1/2 to 2 hours OR cook on LOW 3-1/2 to 4 hours, stirring once half way through.
3. Serve and enjoy!

Grocery List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

What was the cost of each item? How much would it cost to make this recipe?

Raisin	\$	Cornstarch	\$
Sugar	\$	Butter	\$
Brown Sugar	\$		
Cinnamon	\$		
Nutmeg	\$	Total =	\$

Would you make this recipe at home? _____

Job Research

Job Title: _____ ONet Code: _____

Part 1: For each category below, list TWO items that would be a good match for you and TWO items that would NOT be a good match for you. You can shorten or abbreviate as needed.

	Good Match for Me	Not a Good Match for Me
Tasks	<ul style="list-style-type: none">▪	<ul style="list-style-type: none">▪
Abilities	<ul style="list-style-type: none">▪	<ul style="list-style-type: none">▪
	<ul style="list-style-type: none">▪	<ul style="list-style-type: none">▪
Work Activities	<ul style="list-style-type: none">▪	<ul style="list-style-type: none">▪
	<ul style="list-style-type: none">▪	<ul style="list-style-type: none">▪
Interests	<ul style="list-style-type: none">▪	<ul style="list-style-type: none">▪
	<ul style="list-style-type: none">▪	<ul style="list-style-type: none">▪
Work Styles	<ul style="list-style-type: none">▪	<ul style="list-style-type: none">▪
	<ul style="list-style-type: none">▪	<ul style="list-style-type: none">▪

Part 2: Find the following information about your job.

Job Training	
Education	
Median Wages	
Projected Growth	

Part 3: Do you think this would be a good job for you? Write a sentence telling some reasons why or why not.

Emotional Check-In

Name: _____ Date: _____

Calm	Surprised	Cranky	Disappointed
Relaxed	Confused	Bored	Hurt
Happy	Concerned	Upset	Sad
Interested	Nervous	Angry	Depressed
Excited	Afraid	Disgusted	

Today, I am feeling _____ because _____

Emotional Check-Out

Name: _____ Date: _____

Calm	Surprised	Cranky	Disappointed
Relaxed	Confused	Bored	Hurt
Happy	Concerned	Upset	Sad
Interested	Nervous	Angry	Depressed
Excited	Afraid	Disgusted	

Today, I am feeling _____ because _____

DATE: _____

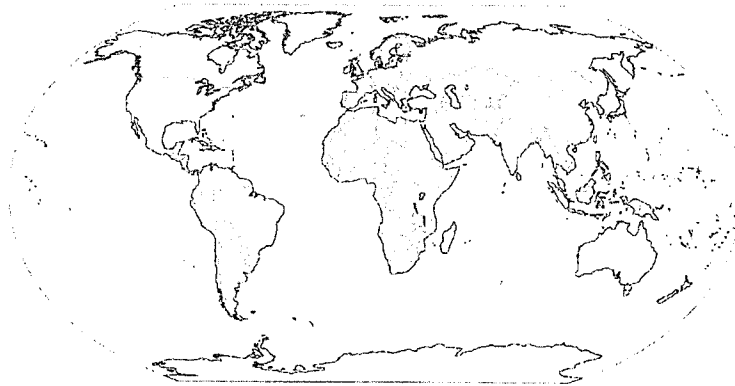
Pick ONE main story--do not choose "10 out of 10". Answer the following three questions with a complete sentence. FYI: "I don't know" is not an acceptable answer.

- ☐ Which story did you find to be the most interesting? Why?

- ☐ Write TWO facts you learned about the topic.
1.

2.

- ☐ On the map below, label the location(s) mentioned in the CNN 10 News story.

**CONCLUSION QUESTIONS**

★Choose ONE of the following three questions and answer it in a complete sentence.

- ☐ Whose perspective was missing from the main story you chose? (for example: who didn't CNN talk to or who was excluded)

- ☐ What questions do you have about the story? (None is not an acceptable answer)

- ☐ In what way can this story relate to your life or to your family's life? OR, how does this topic relate to a different topic you already know about?

It's Game Time

As you were flipping through sales ads, you notice that PS4's are on sale at Target. You also see that Wal-Mart has the XBOX One on sale this week. You decide that now is the time you want to purchase a new game console. You just collected \$127 from all your birthday cards, emptied \$46.48 from your sock drawer and you have \$177 saved in the bank from all your chores this year. The XBOX One is originally \$399.99 with a 25% off discount at Wal-Mart. The PS4 is originally \$349.99 but at Target it's 15% off this week. Including sales tax, which sale is the better deal?

1. How much money in total do you have to spend?

2. How much does the XBOX One cost after the discount is applied?

a. How much does the XBOX One cost in total after the discount, with sales tax?

3. How much does the PS4 cost after the discount is applied?

a. How much does the PS4 cost in total after the discount, with sales tax?

4. Which game system will you purchase? Please explain your answer.

