

Answer Key

Lesson 1

1 About the Reading

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|-------------------------------------|---------------|-----------------|
| 1. variety | 5. serving | 9. labels |
| 2. obesity | 6. nutrition | 10. heart |
| 3. grocery stores and refrigerators | 7. portion | 11. a, b, and c |
| 4. small meals | 8. metabolism | 12. prepare |

What do you think? Answers will vary. Accept any reasonable response.

2 Which Word Does Not Fit?

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|-------------|-------------|--------------|
| 1. bakery | 5. drinking | 9. mild |
| 2. chain | 6. thing | 10. dentist |
| 3. list | 7. nurse | 11. likely |
| 4. diseased | 8. diet | 12. question |

3 Spelling

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|----------------|----------------|
| 1. sleepiness | 6. loveliness |
| 2. ugliness | 7. dustiness |
| 3. dizziness | 8. greasiness |
| 4. healthiness | 9. holiness |
| 5. nastiness | 10. fruitiness |

4 Reading a Nutrition Label

- Two Fruit & Nut Oat Bars would total 270 calories.
- The Fruit & Nut Oat Bar is healthier because the Honey-Nut Raisin Bar has more total fat and sugar.
- The Fruit & Nut Oat Bar is better for your heart because it has no trans fats.
- I would choose the Honey-Nut Raisin Bar because it has more protein.
- The Fruit & Nut Oat Bar is much lower in sodium, so it's better for your blood pressure.
- The Fruit & Nut Oat Bar has the healthiest carbohydrates because it has more fiber and less sugar.
- Answers will vary. Sample answer: I would choose the Fruit & Nut Oat Bar because it is lower in calories and has healthy nutrients.
- Answers will vary. Sample answer: An athlete on a long run or bike ride might want the Honey-Nut Raisin Bar because it has a lot of carbs and protein.

5 Words That End with -ness

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|----------------|-----------------|-------------------|
| 1. fondness | 5. gracefulness | 9. goodness |
| 2. loudness | 6. awareness | 10. forgetfulness |
| 3. rudeness | 7. eagerness | 11. calmness |
| 4. forgiveness | 8. stillness | 12. seriousness |

Lesson 2

1 About the Reading

- The wedding guest is surprised because Benjamin has dark skin and his grandmother has very pale skin.
- Answers may vary. Sample answer: Benjamin might think that his family is perfectly normal.
- Answers may vary.
- The U.S. Census Bureau collects information about the population such as race, ethnicity, employment, and living situation.
- Answers may vary. Sample answer: New York, Texas, and California have a lot of immigrants. Texas and California are on the Mexican border. New York City is where many immigrants arrived by boat in the 1800s and early 1900s.
- Answers may vary. Accept any reasonable response.
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2 Where Do They Come From?

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|--------------|----------------|-----------------------|
| 1. Africans | 10. Germans | 18. Nicaraguans |
| 2. Americans | 11. Greeks | 19. Nigerians |
| 3. Asians | 12. Dutch | 20. Norwegians |
| 4. Canadians | 13. Hungarians | 21. Pacific Islanders |
| 5. Chinese | 14. Irish | 22. Romanians |
| 6. Cubans | 15. Japanese | 23. Russians |
| 7. Egyptians | 16. Koreans | 24. Swedes |
| 8. English | 17. Mexicans | 25. Swiss |
| 9. French | | |

3 Words That End with -ment

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|----------------|---------------|--------------------|
| 1. shipment | 5. commitment | 9. advancement |
| 2. enlargement | 6. ailment | 10. encouragement |
| 3. engagement | 7. management | 11. discouragement |
| 4. measurement | 8. enjoyment | 12. confinement |

4 The Capitol and Capitals

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|----------------|--------------|--------------------|
| 1. Sacramento | 7. Boston | 12. Oklahoma City |
| 2. Denver | 8. Lansing | 13. Columbia |
| 3. Tallahassee | 9. Jackson | 14. Nashville |
| 4. Honolulu | 10. Trenton | 15. Austin |
| 5. Springfield | 11. Columbus | 16. Salt Lake City |
| 6. Topeka | | |

Lesson 3

1 About the Reading

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|------|------|-------|
| 1. d | 5. c | 9. a |
| 2. b | 6. c | 10. c |
| 3. a | 7. b | 11. d |
| 4. b | 8. d | 12. b |