

Level 4.0

2-1-1

1. Confidential means secret – not shared with others.
2. 2-1-1 does not cost anything. 2-1-1 calls are free.
3. 2-1-1 is a general help line for a variety of resources; whereas 9-1-1 is for emergencies only.
4. 2-1-1 staff is available to answer calls 24 hours a day.
5. Anonymous means from or by a person who does not want to give his/her name.
6. Someone would use 2-1-1 if they need to talk over a problem, are seeking crisis counseling, or want information about childcare, housing, job training, or other community programs.

Being a Mother for the First Time

1. It was both the best and worst time of her life because she felt miserable during her pregnancy and had a difficult labor, yet Trinh lovingly describes her newborn daughter as a very precious gift
2. Difficult means hard to do, or not easy.
3. Trinh had trouble sleeping during her eighth and ninth month of pregnancy.
4. Trinh was in labor more than nine hours.
5. She joined the “Parents and Partners” class because she wanted to learn how to be the best mom she could be – how to best nurture and care for her daughter.
6. Trinh learned about what to feed her baby, what activities would help her learn and develop, and how to discipline a child.

Enjoying a Book

1. Ann reads to Molly because she enjoys being close to her Daughter, and she knows reading is a great learning tool.
2. Guess means to have an idea about something without being sure it is right.
3. Ann and Molly read at bedtime.
4. Before opening a book, Ann and Molly look at the cover. They talk about what they see on the cover. They question what kind of story may be inside.
5. Ann asks Molly questions like: “What do you think this book is about?” and “What do you think will happen next?”
6. When reading a story, sometimes Ann’s voice is loud, sometimes it is soft, sometimes it is low, and sometimes it is high. She raises her voice on a question; she gives extra emphasis to sentences that end with an exclamation mark.

Family Road Trip

1. Prepare means to get ready for something that is going to happen.
2. A week before the trip, each family member makes a list of what he/she needs to bring. Once each specific item is packed, it is crossed off the list.
3. The Cruz family takes a camping trip every year – annually.
4. Each child must pack at least two books, a favorite CD, a tablet and something to write or draw with because music, reading, writing and drawing helps keep the kids entertained and the whole family happy on the car trip.
5. Mom brings a small snack surprise for the children. After 15 minutes of silent reading, each reader receives one of the snacks.
6. The camping trip is described as a Cruz family tradition because it is something that they have been doing many years; it has become a regular practice in their family.

Getting a Job Reference

1. The store owner wants to find out if the person will be a good worker.
2. Courtney decided to ask a lady for whom she cleans houses and her English teacher to be references.
3. Courtney should not ask a family member or friend to be a reference.
4. Courtney got her job application at the grocery store.
5. A reference is a person who will say good things about you; someone who can tell about you and recommend you for a job.

Good Mental Health

1. Good mental health is thinking, feeling, and acting/behaving positively.
2. Some stressors in Deb's life are: a recent divorce, parenting, job, and co-workers.
3. Answers will vary... we all have different stressors!
4. Deb asked a public health nurse for help.
5. Deb wanted help because she wanted to be a healthier and happier person, and a kinder mom to her kids. She also wanted to feel better about herself.

Hand Washing

1. They wash their hands after using the bathroom and before eating.
2. They wash their hands to stay healthy and clean; to keep germs away.
3. They wash their hands for at least 10 seconds.
4. Maria's 5 year old and 4 year old wash by themselves.
5. Use soap and warm water to wash your hands.

Helping Others

1. A community is an area where a group of people live.
2. Sarah wanted to help others because she wanted to live in an area where people are kind and support one another. She also wanted to get to know more people in her community.
3. Volunteering means doing a good deed for free; helping others without expecting anything in return.
4. Coaching is a good way to help others because if you are a parent who is coaching your child's team, you will not only get to know some of your child's friends, but will also get to know the friends' parents. (Not to mention all of the benefits of encouraging children to exercise.)
5. Ways to volunteer include: helping stock shelves and/or bagging groceries at a local food shelf, helping kids with homework after school, raking leaves, planting flowers, washing windows, coaching a youth sports team, walking a neighbor's dog, cleaning trash from the ditches, and reading to children at school.

Keeping Kids Safe

1. Have your child practice how to make an emergency phone call.
2. A friend gave Karla the information.
3. Areas that are not safe for children are abandoned buildings, areas with lots of trees, and areas with bad lighting.
4. When you walk through your neighborhood, show your child places she can go in an emergency.
5. Teach your child not to talk to strangers. Teach him that strangers do not look like monsters, but in fact look like ordinary people.

Libraries

1. Keesha went to the library to get some good books for her son.
2. Due means when the library books are required to be returned.
3. A librarian helps people find books, get library cards, check-out materials, and answer questions.
4. It costs nothing to use the library. It's free!
5. Keesha can keep the library books for 3 weeks.

Many Factors Lead to Heart Attacks

1. Some possible causes of a heart attack are: abnormal (or high) cholesterol levels, high blood pressure, stress, and unhealthy lifestyle – smoking, no exercise, high junk food consumption.
2. Cells need oxygen in order to live.
3. Clots are dangerous because they block the flow of blood to the heart.
4. He tried to keep himself healthy by regularly jogging and eating healthy foods. He was also a nonsmoker.
5. Destructive means causing great damage.

- Parent Teacher Conferences
1. Char's son is in first grade. His teacher's name is Ms. Carlson.
 2. Uneasy means not calm or relaxed; nervous.
 3. Char shows her son that school is important by taking an interest in his schoolwork – she looks through his backpack each day after school, she displays his artwork in their kitchen, she reads short stories with her son, and she attends school conferences.
 4. Char is uneasy because school was not a pleasant place for her, she does not have fond memories of her school experience. The thought of attending school conferences makes her uneasy.
 5. Char scheduled a conference with her son's teacher because she wants her son's school experience to be better than hers. She also knows how important it is to be active in her son's education. Plus, the teacher was very willing to schedule a conference time that fit with Char's schedule.

- Pay Yourself First
1. C – A sum of money paid for the use of someone else's money.
 2. Tim and Ann's car would most likely work for about 160,000 miles of total miles traveled.
 3. Tim and Ann's car was an '89, so current year subtract 1989.
 4. They used the "pay yourself first" savings method.
 5. They put their savings in a savings account. Money is safe in a savings account, and it earns interest.

- Planning Ahead Gets You to Work on Time
1. Mary plans to be to work 15 minutes early.
 2. Mary does many things at night to save time in the morning. She sets the table for breakfast, plans breakfast, lays out her clothes, and packs lunches.
 3. Mary works at a health center.
 4. Mary has learned that planning makes it easier to get to work on time.
 5. Prepare means to get ready, to plan or do ahead.

- Pressures of an Adult Student
1. The author has many pressures: paying bills, coordinating his work and school schedules, and taking care of his family.
 2. Adult classes are held on Mondays, Tuesdays and Wednesdays.
 3. He works three days a week.
 4. He enjoys learning English and more about the U.S. culture.
 5. Responsible means having or expected to take care of specific jobs or duties.

Smart Food Shopping

1. Convenience food is something that is easy to make (like a frozen meal).
2. A menu is a list of foods that will be served at a meal or snack.
3. Before you plan your menu, check for what you have in your cupboards and refrigerator that you can use for the week.
4. Avoid means to not do something, or keep away from something.
5. To make sure you have enough cash to buy groceries each week, divide your food money into four envelopes and use one each week of the month.

Smile!

1. Avoid eating foods high in sugar that cause tooth decay.
2. Don't substitute using mouthwash for brushing or flossing.
3. Use enough toothpaste to cover the bristles of your toothbrush.
4. Flossing removes food, bacteria and plaque which can cause tooth decay.
5. Brushing your tongue removes the bacteria that can cause bad breath.

Swimming into the New Year

1. Sam learned about the swimming classes through an announcement in the community education bulletin that was mailed to his home.
2. A sliding fee scale is a fee scale that adjusts the fee of a service based on a person's income.
3. Sam called the community education office to learn more about the swimming lessons.
4. Swimming is great exercise, is refreshing and fun. (Not in text, but learners may add that it is also a good skill for children and adults to learn in order to be safe in and near water.)
5. Sam is both nervous and excited about the upcoming lessons. His kids are thrilled that he is taking lessons. They are all looking forward to swimming together at the lake next summer.

Take Me Out to the Ball Game

1. There are a least 9 players on a baseball team.
2. Root means to cheer for a player or team in a game or contest.
3. Anyone, young or old, can play baseball.
4. "Take Me Out to the Ball Game" is America's favorite baseball song.
5. Contact the Community Education or Parks and Recreation Office in your area if you would like to join a baseball team.

What Should I Call You?

1. *Miss* is used when addressing a woman who is single, not married. *Mrs.* is used when addressing a woman who is married.
2. At a party you usually call people by their first name.
3. *Prefer* means to like something better than another.
4. If you're unsure of how to address a woman, use *Ms.* because it is used for all women, married or unmarried.
5. At an interview or business meeting you should call people by their last name because it is more professional and respectful.