

**Level 4.5**

## After a Job Interview

1. The thank-you note will keep your name in the manager's mind.
2. Thank the manager for the interview; write about why you are the best person for the job.
3. Write the thank-you note as soon as you get home from the interview.
4. Best means better than the other choices.
5. You are hoping the manager, or Ms. Potter, will contact you soon.

## Asthma

1. Asthma is life-threatening because blocked airways may stop a person's ability to breathe.
2. Some symptoms of asthma are: difficulty breathing, tightness in the chest, and coughing and wheezing.
3. Chronic means lasting a long time; happening often.
4. Ben controlled his asthma by doing warm up and cool down exercises before and after games. He also used asthma medication and an inhaler.
5. Wheezing sounds like a whistling in the chest.
6. Ben had most of his asthma attacks during or after sporting events, or at night when he was in bed.

## Being on Time

1. Arrive at meetings 5 to 10 minutes early.
2. Polite means showing good manners and being thoughtful of others.
3. Arriving early shows that you really care about the job and respect those interviewing you. Plus, it also shows that you are capable of getting to work on time.
4. It is important to be on time at school conferences, doctor appointments, meetings, etc.
5. To help be on time, people should set their clocks and wrist watches ahead.
6. If you are going to be late, call and say you will be late.
7. If you have a job interview at 3:00 p.m., arrive at 2:50 or 2:55 p.m.

## Diabetes

1. People who are most likely to be diabetic are: those who have a family member with diabetes, are persons of color, and/or who are overweight and do not exercise.
2. Some symptoms of diabetes are: frequent thirst, sudden weight loss, blurry vision, numb feet or hands, cuts that take a long time to heal, and low energy level/feeling tired.
3. Diabetes is a serious disease because it can cause blindness, kidney and heart problems, strokes, and amputation of fingers and/or toes.
4. Diabetes is treated by following a diet and exercise plan and proper medical guidance.
5. Obese means very overweight.

6. A person could try to prevent becoming diabetic by eating healthy foods, exercising often, and by losing weight if he/she is overweight or obese.

#### Divorce Hurts

1. The author mentions learning two important things from her parents: 1) Not to fight in front of your kids and 2) To know for sure that the person you marry is the right person for you.
2. The author's brother and younger sister both struggle in their relationships.
3. The author felt very depressed.
4. To commit means to promise to do something.
5. The author is probably 17 (parents separated when she was 10, they got divorced seven years ago, and she's not yet 18).
6. Struggle means to have difficulty with something, despite good efforts.

#### Eat Healthy, Live Healthy

1. Two major health problems facing overweight people are heart disease and diabetes.
2. An adult should eat three servings of fruit each day.
3. Manuel went to the public health office to learn about healthy eating.
4. An adult should eat no more than nine servings a day from the Bread and Cereal Group.
5. An example of one serving of vegetables is: a half a cup of raw or cooked vegetables, eight small carrots, or a small salad.
6. Answers will vary, but should be something like: "You are what you eat" means if you eat good foods, you'll feel good; if you eat junk food and other fatty meals, you'll be unhealthy.

#### The Envelope System

1. Etcetera means "and others of the same kind; and the like; and so forth".
2. Before attending the class, Pam was stressed and unhappy about her finances. Money from her paycheck disappeared too quickly.
3. After attending the class, Pam was thrilled to be more in control of her money. She felt good about paying her bills and having money left over at the end of the month.
4. The envelope system made the difference. It helped her budget her money and track her spending.
5. Scarce means in short supply.
6. When an envelope was out of money, Pam was done spending for that area, until it got replenished.

### Family Fun at the Park

1. Enjoy means to find pleasure or joy in.
2. Alan likes to swing on the swings.
3. Deb and Jenny walk. Alan and Jeff ride their bikes.
4. Deb and her family go to the park on Sunday.
5. They like spending time together and being outdoors, they enjoy exercising, and they have fun at the park.
6. Walking, bike riding, running, climbing, and swinging are all forms of exercise.
7. Answers may vary... fruit, vegetables, milk, sandwich.

### Happy New Year!

1. People visit with friends and family, watch college football on TV, and make New Year's Resolutions on New Year's Day.
2. Attempt means to try.
3. January 1 is New Year's Day. New Year's Day is a national holiday.
4. About 7,000 people are killed every year by drunk drivers.
5. Vow means to promise to do something.
6. If you've had too much to drink, you should call a taxi, take a city bus, or ask a friend who hasn't been drinking to drive you.

### Lawn Mowing Safety

1. Children should be at least 12 years old before they operate a lawn mower.
2. Dangerous means not safe, harmful.
3. The blade cuts the grass and can cut other things too.
4. Before you start mowing, read the instruction book.
5. Sturdy means strong or heavy.
6. When you are mowing, keep away children and pets from the lawn. Why? Answers may vary... Children and pets could get hurt by the mower or by something that is thrown from the mower.
7. Pick up and remove large sticks and other debris before mowing the lawn. Why? Answers may vary... If driven over, these items could damage the lawn mower (the machine) and the other lawn mower (the person operating the machine).

### Make a Good Impression

1. You can create a good impression by being clean, smelling good and wearing appropriate clothes.
2. It is important to make a good first impression because people form ideas about who you are right away when they meet you.
3. Avoid means to keep away from.
4. Being dirty, smelling like alcohol or cigarettes, not dressing well.
5. Students need to draw their own conclusions for this question... some possible ideas include: community events, court proceedings, social service agencies, school, etc.

Make Your Neighborhood Safe

1. It is everyone's job to keep kids safe.
2. It is important for children to get to know their neighbors so they feel comfortable going to the neighbors if they need help.
3. Contact the local police to help you develop a safe neighborhood program.
4. When you meet neighbors for the first time, take another adult or family member with you.
5. Comfortable means feeling safe, free from worry, or at ease.
6. Neighbors are people who live near you.

Peace at the State Fair

1. The author refers to the city in which he grew up as "the concrete jungle" because it was all high-rises and sidewalk, made out of concrete; there were few grassy spaces.
2. The food at the fair was very unique because most of it was available on a stick – over forty kinds of food are served on a stick at the fair.
3. An exhibit is a display; it is something that is shown to many people often in a public setting.
4. No, the fair is not a free event. The author mentioned walking to the entrance gate to pay for admission.
5. The author witnessed peace at the fair by reflecting on the peaceful sight of a young girl sleeping with her cows in the cattle stalls.

Protect Kids from the Sun

1. SPF stands for Sun Protection Factor.
2. Kids and adults can wear long pants, shirts with sleeves, and a wide brim hat.
3. Monica and Raquel got the information from a nurse at Public Health.
4. You should reapply sunscreen every two hours.
5. Keep kids out of the sun from 10 a.m. to 4 p.m.

Safety Gear

1. Juan wears special gloves when he works with blood.
2. He wears the gloves to protect himself from getting diseases.
3. Protect means to keep safe; to shield from danger or harm.
4. Maria wears rubber boots and rubber gloves.
5. She wears the boots to prevent her from slipping on wet floors. She wears the gloves to protect her hands from chemicals.
6. If your safety gear breaks, tell your supervisor right away.
7. Required means you must do it; essential part of your job duties.

### Save Money on Utilities

1. Shrink means to make or become smaller in size.
2. It will save you 36% in cooling costs ( $78 - 72 = 6$ ;  $6 \times 6\% = 36\%$ ).
3. Using a microwave can save you 50% in energy cooking costs.
4. Fans use one-tenth as much electricity as an air conditioner. Fans make it feel 10 degrees cooler.
5. Drafty means letting in currents of air or wind. A draft is a current of air or wind.

### School Age Children and Bed-Wetting

1. Preschool age means not yet in kindergarten – ages 3 to 5/6.
2. School age means elementary age – ages 5/6 to 12.
3. 20% of 5 year olds wet the bed.
4. Ask your child to use the bathroom twice before bed; don't let your child drink much in the evening; don't give your child caffeine; wake your child to use the bathroom before you go to bed; praise your child when he/she has a dry night.
5. Caffeine has a stimulant in it that causes a person to urinate more.

### Smoke Alarms Save Lives

1. Change the batteries in your smoke alarms in the spring and fall when you change your clocks for Day Light Savings Time.
2. 12,000 children are injured or die in home fires every year.
3. Smoke alarms should be placed high on the wall or on the ceiling. Smoke alarms should also be placed near or inside every bedroom and on every floor or level of your home.
4. Family members should practice different ways to get out of the house during a fire.
5. Test means to see if something works.
6. Smoke alarms are important because they alert you to a fire; they wake you up if you are sleeping.
7. Test your smoke alarm once a month.

### Stop for School Buses

1. Cite means d. – To call to a court of law; to issue a ticket.
2. The minimum fine for a school bus arm violation is \$300.00.
3. Cautious means being careful; trying to avoid danger or trouble.
4. Anyone can report a school bus arm violation.
5. Drivers should prepare to stop when they see the bus's flashing amber lights.
6. Witness means to watch or see; to be present at.

## A Successful Job Interview

1. Make sure you're clean: take a shower, brush your hair, shave your face, brush your teeth, use mouthwash, comb your hair, and use a deodorant.
2. You should not drink coffee, smoke, or chew gum.
3. Be there at 9:50 or 9:55 a.m.
4. Bring your Social Security card, a pen and a new notebook.
5. C. – To make flat or smooth.

## The Value of Education

1. Pursue means to strive to attain or accomplish something.
2. The author's father quit school at the age of 13 in order to help his family pay the bills. (He was the oldest child in his family.)
3. Stress means to emphasize or to place importance on.
4. The author helped his daughter with college by stressing how important a good education was, and by saving money for her college fund.
5. It was hard for the author's father to find good work because he was black and had limited education.
6. Personal opinion.
7. Answers may vary. However, one can assume that Pia will have greater opportunities than those of her father and grandfather.

## Wardrobe or Closet?

1. The author of the story is from Poland.
2. Spacious means having a lot of space.
3. Closets and wardrobes are both places of storage. Clothing is commonly found in both closets and wardrobes.
4. Closets are not moveable, whereas wardrobes are moveable – in fact, you can buy any size and design you like. Closets are used for storing all kinds of things; wardrobes are used for clothing storage only – no shoes, either. Some closets do not have doors; all wardrobes have doors.
5. In this story, the word store means to put away for future use.
6. The author has grown to like closets, especially spacious walk-in closets. In fact, she writes that she would rather have closets in her home than a wardrobe. She believes closets are more practical.