

Trailblazer

WORKBOOK



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Credits

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Trailblazer on the Cover **Cling goby fish on coral polyps**

Description: A cling goby fish appears to look at the camera as it holds onto coral polyps.

Location: Great Barrier Reef, Australia

Trailblazer Facts: Gobies are small fish, rarely growing longer than two inches. These tiny trailblazers have a unique adaptation that allows them to hold onto rocks using a sucker on its fin. This sucker helps them to avoid being swept away in strong waves.

© Gary Bell/ Oceanwide/Minden Pictures

Trailblazer

Unit 1	How does food show who we are?	2
Unit 2	What can we learn from nature?	18
	Units 1 & 2 Review	34
Unit 3	How do we communicate?	36
Unit 4	What can history teach us?	52
	Units 3 & 4 Review	68
Unit 5	What part will space play in our future?	70
Unit 6	How do we keep our mind and body healthy?	86
	Units 5 & 6 Review	102
Unit 7	Why do we make art?	104
Unit 8	How can we understand and manage feelings?	120
	Units 7 & 8 Review	136
Unit 9	How does shopping affect us and our environment?	138
Unit 10	What makes a community?	154
	Units 9 & 10 Review	170



Trailblazer *IN ACTION*

ARIEL WALDMAN Creative Connections

Step 1	Journey to Space	172
Step 2	Working with Science	173
Step 3	To Mars and Beyond	174
Step 4	Life Under the Ice	175
Step 5	A New Scientific Community	176

1

How does food show who we are?

Write three words you know about this topic.

Write one question you want to ask about this topic.

Food Traditions

Vocabulary

A Look at the photos. Write the words.

cook pizza smell spices yogurt

1.



2.



3.



4.



5.



B Complete the sentences.

delicious fresh recipe sweet taste

1. Food with a lot of sugar is very _____.
2. She loves bananas because she thinks they are _____.
3. A _____ has a set of directions for making food.
4. When we put food in our mouths, we can _____ it.
5. When food is not old, frozen, or from a can, it is _____.

C Find and circle the words in the puzzle. Write the words next to their meanings.

1. tasting very good _____

2. a food made from milk _____

3. a set of directions for making a food

4. not old or frozen _____

5. a food that usually has cheese and
tomatoes _____

6. to prepare and make food

7. having a lot of sugar _____

8. to notice something with your nose _____

9. something you can add to food _____

10. to notice something with your tongue _____

D	E	L	I	C	I	O	U	S	A
S	W	E	E	T	S	M	E	L	L
W	U	Z	T	O	K	A	P	D	U
F	B	A	Q	Y	I	G	I	T	T
R	E	C	I	P	E	V	Z	A	C
E	J	O	S	X	F	U	Z	S	O
S	Y	O	G	U	R	T	A	T	B
H	U	K	T	S	P	I	C	E	S

Word Work

D Complete the sentences about nouns and verbs.

action
noun
verb

A ¹ _____ is a word that is a person, an animal, a place, a thing, or an idea. A ² _____ is a word that describes an ³ _____ or a state. Some words can be both a noun and a verb.

E Look at the underlined words. Are they nouns or verbs? Write *noun* or *verb*.

1. I love the taste of honey. _____

2. My aunt and uncle cook delicious Mexican food. _____

3. Can you smell the pizza? _____

4. These vegetables are not fresh. They have a bad smell. _____

Genre Realistic Fiction

Reading Strategy As you read, think about what you see, hear, taste, smell, and feel.

A Pizza Party

1.1

Elena's favorite food was **pizza**. Her grandparents ran a pizza shop near their house. Elena often helped there. She loved the sizzling sound of the pizza, the **smell** of the cheese, and the taste of the crispy pizza dough.

One day, Elena's grandpa suggested, "It's your birthday soon! Shall we have a pizza party, Elena?" Elena's grandma added, "You and your friends can choose your favorite toppings!" Elena felt excited about the idea and couldn't wait to tell her friends!

The next day, while she was waiting for the school bus with Ali and Milad, she told them about the plan. "We can make pizzas with different toppings..." she said, "like pineapple or peppers or fish or **fresh** green beans..."

"You can't put fish or vegetables on a pizza!" said Ali. "Pizzas are always made of cheese and tomatoes! That's crazy!"

Elena was not sure if Ali was right. Suddenly, she started to feel worried about her pizza party. Milad patted Elena on the shoulder and said, "Don't worry, Elena. Your party will be great. I can't wait!"

On the day of the party, Elena's grandpa put all the toppings in bowls. "Everyone can choose different toppings," he said, "Most people like cheese on their pizza, but some

people prefer corn or something green. There are no rules. Be creative!"

Elena's friends started making their pizzas right away, but Elena looked at all the toppings and wasn't sure what to do. Grandma saw and said quietly, "It's your pizza! Have fun with it!" Elena smiled and quickly started putting ingredients on hers.

While the pizzas were **cooking**, Elena's grandma explained that the most famous pizza got its name from Queen Margherita of Italy, more than 100 years ago. "She liked mozzarella cheese, tomato, and basil on her pizza—a Pizza Margherita!"

"They're ready!" Grandpa called in a little while. He handed Elena her pizza with fish, green beans, spinach, and peppers. It looked so good! But instead of taking a bite herself, she let Ali **taste** it first.

"Yum!" said Ali. "Your pizza is **delicious**, Elena! It's my favorite! What kind of pizza is it?"

"Pizza Elena!" answered Elena with a smile.



Comprehension

A Would you try Elena's pizza in the realistic fiction story? Why?

I **would** / **wouldn't** try Elena's pizza because _____
_____.

B Number the events of the story in the correct order.

- ☐ Elena and her friends made pizzas with different toppings.
- ☐ Elena told her friends about the party.
- ☒ 1 Elena's grandparents suggested a pizza party for Elena's birthday.
- ☐ Ali said pizzas always had cheese and tomatoes.
- ☐ Ali said Elena's pizza was his favorite.
- ☐ Elena felt worried about her party.



C **TEXTUAL LITERACY Visualize** What did you hear, taste, smell, and feel when you read the story? Complete the chart.

hear	taste	smell	feel
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

D **SOCIAL LITERACY** Answer the questions.

1. Why was pizza important and special to Elena?

2. Why did Elena feel worried after she told Ali and Milad about her idea?

3. How do you think Elena felt at the end of her party? Circle the adjectives.

happy proud sad shy worried

Simple Past and Past Continuous

A Complete the sentences about the simple past and the past continuous.

action began continuing

Use the simple past and the past continuous together to describe an ¹ _____ or event that ² _____ in the past and was ³ _____ when another event happened.

B Check (✓) the sentences with both the simple past and the past continuous.

- ☐ My friend's dad worked in a noodle shop.
- ☐ Lisa was helping her dad in the kitchen.
- ☐ My dad was cooking dinner when we came home from school.
- ☐ While we were eating dinner, my mom told us about her day.
- ☐ After dinner, we watched a movie.
- ☐ While we were watching the movie, my sister made hot cocoa for us.

C Complete the sentences with the correct form of the verbs.

1. I was chopping onions when I (start) _____ to cry.
2. While I (study) _____, the lights went out.
3. They (fall) _____ asleep while they were watching a movie.
4. I (feel) _____ hungry when my grandma called me for dinner.
5. While the pizzas (cook) _____, my stomach rumbled noisily.
6. My friend was waiting for the school bus when he (see) _____ a lizard.



D Match the pictures. Complete the sentences.

1.



They were _____ playing soccer



when _____.

2.



He was _____



when _____ it started to rain.

3.



She was _____



when _____.

4.



They were _____



when _____.

E What happened in your day today? Write two sentences using both the simple past and the past continuous.

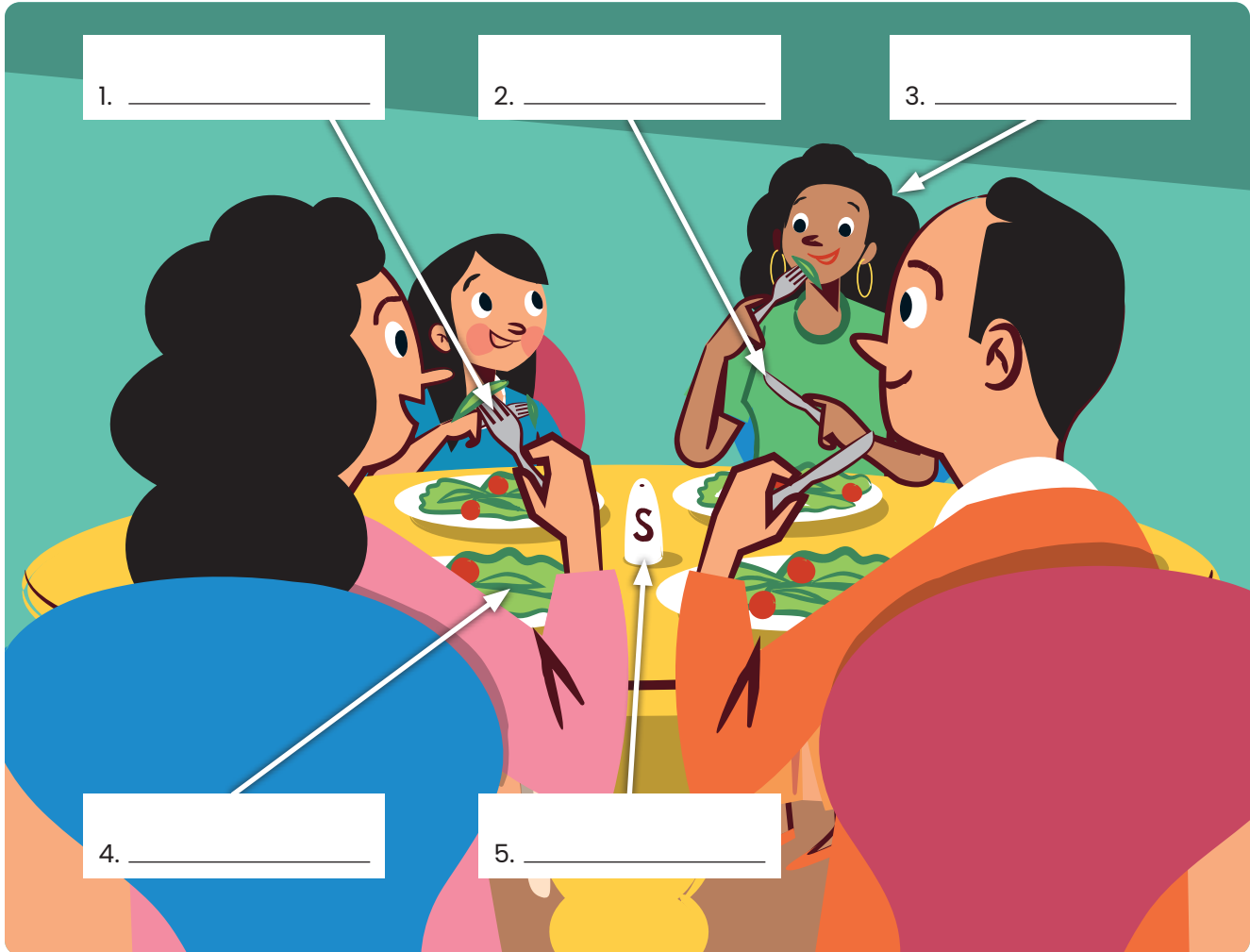
1. _____
2. _____

Food Around the World

Vocabulary

A Look at the picture. Write the words.

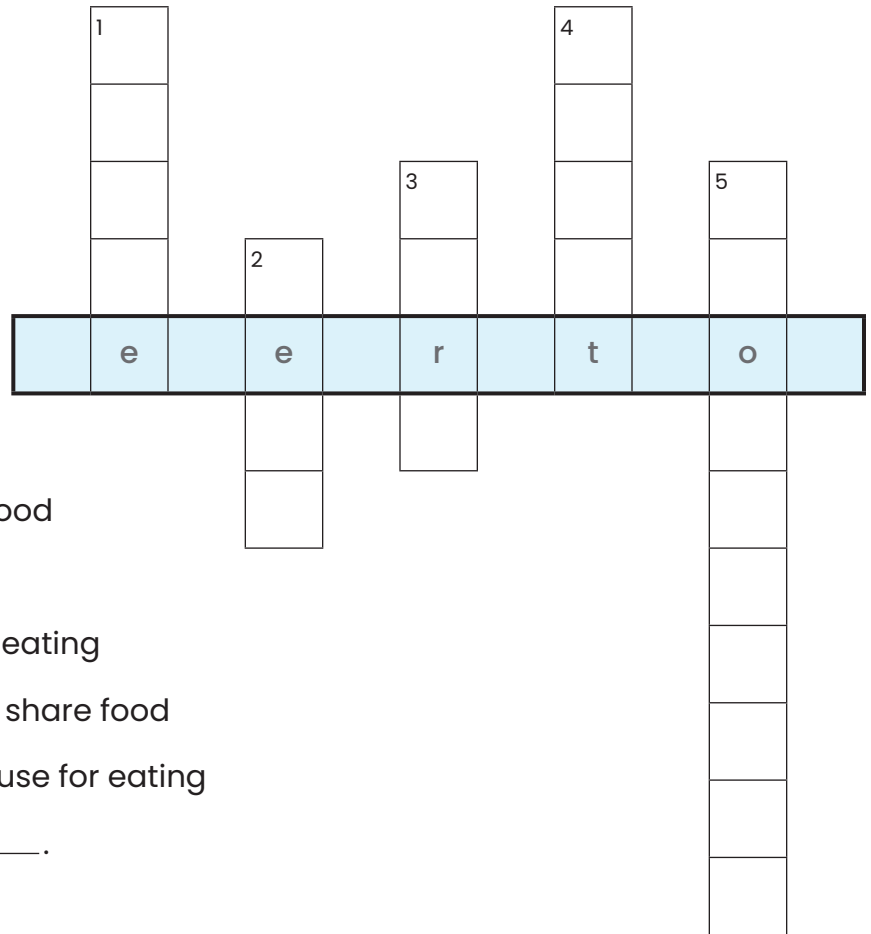
fork guest knife meal salt



B Read about different food traditions. Circle the correct words.

1. There is a big **celebration** / **guest** on New Year's Day in the Philippines.
2. It's not **same** / **polite** to put your knife in your mouth.
3. Some people think it's **salt** / **rude** to eat before everyone else.
4. Chinese and Korean spoons are not **the same** / **different**. Chinese spoons are shorter and rounder.
5. It's more common for people in Japan to eat with **chopsticks** / **guests** than forks.

C Read the clues. Complete the puzzle. Write the keyword.



1. something you use to cut food
2. breakfast, lunch, or dinner
3. a tool with sharp points for eating
4. someone who you invite to share food
5. a pair of thin sticks people use for eating

The keyword is _____.

Word Work

D Complete the sentences about antonyms (adjectives).

adjectives
opposite

Antonyms are words that have ¹ _____ meanings.
Antonyms can be ² _____.

E Complete the sentences with the words in the box.

cold full hot hungry

1. When the sun was shining, I felt _____, but when it started to snow, it was _____.
2. I was _____ after swimming, but then I ate five rice cakes, and I felt _____.

Reading Strategy As you read, think about how New Year's food around the world can be the same and different.

New Year's Food around the World 1.2

New Year's Day is a great time for special food and traditions. Let's look at how different cultures celebrate.



In Malaysia, some people wear red at New Year's **celebrations**, and they cook *Yee Sang*. It's a salad with fish, nuts, carrots, and other vegetables. It has plum sauce on top. Everyone uses **chopsticks** to mix the salad, and they shout messages of good luck

for the new year. On New Year's Day, some people in Malaysia also eat special meat, dumplings, rice cakes, and soup.

Many people in South Korea also celebrate New Year's with a special **meal**.

They cook *Tteokguk*. It's a traditional soup with meat, vegetables, eggs, and rice cakes, which are called *tteok* in Korean.



Making rice cakes for New Year's is popular in Japan, too. Japanese rice cakes are called *mochi*.

They are usually sweet. People like to put an orange on top of the rice cakes.



In Peru, many people also eat cake at New Year's. It's a sweet cake called *Panetón*. This cake is not the **same** as a rice cake though. People don't make it with rice. Instead, people make it with butter, flour, eggs, and dried fruit. The cake is similar to the Italian cake *Panettone*. People in Peru eat *Panetón* and drink delicious hot chocolate with spices.

Some people eat a special sweet cake at New Year's in France, too. It's called *the Kings' Cake*, and it has a secret ingredient. The baker hides a special bean in the cake. The person who finds the bean is the king for the day and wears a crown.



Eating special food and being with family and friends make the celebration fun, but what about people who don't have enough to eat or people who live alone? In some countries, people organize meals around New Year's for others who are hungry or alone. They come and eat with others and enjoy the celebration together. Cooking a big feast uses less energy than making many small meals, too, so it's a great way to save energy.

Do you have a special way to celebrate New Year's? Next time, maybe invite your friends as guests so you can eat and celebrate together!

Comprehension

A Which New Year's food in the travel article would you like to try? Why?

I would like to try _____ because _____.

B Check (✓) the special New Year's food for each country.

	Malaysia	South Korea	Japan	Peru	France
rice cakes	✓				
soup					
hot chocolate					
sweet cake					

C TEXTUAL LITERACY Compare and Contrast What do you eat to celebrate New Year's? Is it similar or different from the cultures in the text? Complete the sentences.

1. I eat _____ to celebrate new year.
2. It's similar to _____ because _____.
3. It's different from _____ because _____.



D GLOBAL LITERACY Read the last paragraph of the text again. Answer the questions.

1. What do people in some countries do for people who are hungry or alone on New Year's Day?

2. How does cooking a big feast help our planet?

3. How else can we make our celebrations better for others and our planet?

Gerund and Gerund Phrases

A Complete the sentences about the gerund and gerund phrases.

noun subject verb

A gerund is a ¹ _____ that ends in *-ing*. Use a gerund with other words to form a gerund phrase. A gerund can act as a ² _____ in a sentence. A gerund or a gerund phrase can act as the ³ _____ of a sentence.

B Circle the gerunds in the sentences and questions.

1. Do you enjoy trying new food?
2. Making rice cakes is popular in Japan.
3. How can we reduce the energy we use for cooking?
4. Saying "thank you" to the chef is polite.
5. Finding the bean in the cake makes you king on New Year's in France.
6. Being with family makes the celebration special.



C Complete the sentences with the gerund of the words in the box.

add eat drink make talk

1. I think _____ meals alone is a little boring.
2. People enjoy _____ hot chocolate on New Year's Day in Peru.
3. Cooking one big meal uses less energy than _____ lots of small meals.
4. _____ with your mouth full is not polite.
5. _____ salt and spices to dumplings can make them more delicious.

D Look at the pictures. Complete the sentences with a gerund or a gerund phrase.

1.



_____ is fun. I can't wait to eat it.

2.



I enjoy _____ with my friends.

3.



_____ is important to me, but it's not easy.

4.



_____ is a big part of a celebration.

E Think about an activity you enjoy. Draw a picture of the activity. Write two sentences about this activity. Use a gerund or gerund phrases.

1. _____

2. _____

Writing Write a compare and contrast text.

A PLAN Think about a special holiday meal. How is it the same as a regular meal? How is it different? Complete the chart to help you plan.

	The Same	Different
A regular meal	<ul style="list-style-type: none"> • _____ • _____ 	<ul style="list-style-type: none"> • _____ • _____
A holiday meal	<ul style="list-style-type: none"> • _____ • _____ 	<ul style="list-style-type: none"> • _____ • _____

B DRAFT Write a draft of your compare and contrast text.

Writing Checklist:

- ☐ Write how the holiday meal is the same as a regular meal.
- ☐ Write how the holiday meal is different.
- ☐ Give examples.
- ☐ Use adjectives to describe the meals.
- ☐ Use gerunds or gerund phrases.
- ☐ Include new words you learned from this unit.

C

- D

[illegible]This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Food for a Warmer World

Critical Thinking

A Look at the picture. Complete the chart.

dries eat floods plants

Cause

Effect

hotter sun

The land _____ up.

The _____ die.

more rain

There are more _____.

more bugs

The bugs _____ the plants.

