

100% Canadian content...

aligned with school curriculum





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Parent-friendly... List of curriculum expectations

Overall Curriculum Expectations for Grade Five

SCIENCE AND TECHNOLOGY

Structure and Mechanisms

- analyse social and environmental impacts of forces acting on structures and mechanisms;
- · investigate forces that act on structures and mechanisms;
- identify forces that act on and within structures and mechanisms, and describe the
 effects of these forces on structures and mechanisms.
- evaluate the social and environmental impacts of processes used to make everyday products:
- · conduct investigations that explore the properties of matter and changes in matter;
- demonstrate an understanding of the properties of matter, changes of state, and physical and chemical change.

Energy and Resources

- analyse the immediate and long-term effects of energy and resource use on society and the environment, and evaluate options for conserving energy and resources;
- investigate energy transformation and conservation;
- demonstrate an understanding of the various forms and sources of energy and the ways in which energy can be transformed and conserved.

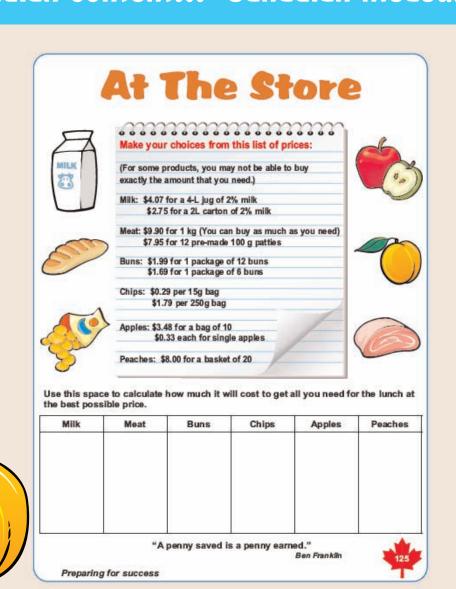
Properties of and Changes in Matter

- demonstrate an understanding of the three states of matter and of changes in state;
- Investigate common changes of state (e.g., melting, freezing, condensing, evaporating)





100% Canadian content... Canadian measurements





100% Canadian content...

Canadian Social Studies

can find those departments on the internet, and name a federal government responsibility in that area. 1. Health Canada 2. Child and Family Benefits and Services 3. Natural Resources Prime Minister The Prime Minister is the head of the federal government. Who is the current Prime Minister of Canada? Where is the residence of the Prime Minister? Members of Parliament (MP's) There are 305 members in the parliament of Canada. The area that you live in has a representative in the Canadian parliament, who was elected in the last election. MP's for your area are listed by name in the phone book. Use your blue pages again. Find the section "Members of Parliament." Who is your Member of Parliament? Canada has a formal head of state. The king or queen of England is also the king or queen of Canada. What is the name of Canada's formal head of state? The queen or king has a representative who lives in Canada, the Governor General of Canada. What is the name of Canada. What is the name of Canada.		The Government of Canada (Locate each of the following government departments in the phone book, see if you)
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Governor General of Canada.	1	What is the name of Canada's formal head of state?
		Governor General.
What is the name of the Governor General's home in Ottawa?		Who is the Governor General of Canada.
		What is the name of the Governor General's home in Ottawa?



Uses current educational theory...
integrated learning (Health/ math skills)

Burn Those Calories

A calorie is a unit we use to measure how much energy comes into our body in the food we eat. We burn off those calories, just by growing, but also by exercise. People who always take in more calories than they burn off may become obese. The labels on food products often tell us how many calories there are in each serving. Read the nutrition label for five different foods, and record the amount of calories for each serving that is indicated.

Food	Calories (per serving)

Did you know that during a simple task such as breathing or reading you actually burn off some of the calories that you gain by eating these foods?

Read the chart below to see how many calories you burn off per hour and per minute during certain activities.

Activity	Rate of Calories Burned (per hour)	Rate of Calories Burned (per minute)	
Breathing, reading, watching a movie	90-100	1.5	
getting dressed, taking a shower	140-150	2.4	
walking, doing chores	200-210	3.4	
playing a sport	300-350	5.2	





Uses current educational theory...

tactile learning activities

Experiment #2: Changes of State

Be sure that you have permission from an adult to try this experiment.

Hot liquids are involved.

This experiment takes many days to complete!



Changes of State

WHAT YOU NEED!

- . 500 ml (2 cups) of sugar
- 250 ml (1 cup) of water
- tall, thin glass jar (canning jar, olive jar)
- · 15 cm piece of string
- pencil
- · paper clip or small nail
- saucepan (optional)
- · microwave or stove

WHAT TO DO!

- 1. Tie the string to the middle of the pencil.
- Tie the paper clip to the end of the string. (It's just a weight to keep the string from floating.)
- Lay the pencil across the top of the jar, so the string hangs down without touching the sides or bottom of the jar. (Roll up the string on the pencil if necessary.)
- 4. Now take the pencil and string out of the jar and set them aside.

Get an adult to help you with the next step.

- Pour the water into the jar and bring it to a boil in the microwave (or use a saucepan on the stove). Be very careful when handling the jar or pot of boiling water!
- 6. Stir in about 50 ml of sugar, until it dissolves completely.
- Add more sugar a bit at a time, each time stirring until it dissolves. You can reheat the water as often as you need, but you have to be patient and keep stirring until the sugar disappears each time.
- When all the sugar has been dissolved in the water, ask the adult to pour it into the jar (if it's not in the jar already).
- Now replace the pencil, string and paper clip, hanging down inside the jar, submerged in the water.
- Let the water cool, and put it somewhere safe where you can observe the changes for a few weeks.





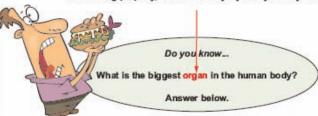
Uses current educational theory...
information provided to engage pupil inquiry

What's in Your Food?



When we talked about the digestive system, we said that your food turns into yummy slop in your stomach, and then goes into the small intestine.

The nutrients in your food pass through the wall (or skin) of the intestine into your blood stream, and your blood takes them throughout your body to give you energy, to help you grow, to make sure all your organs are working properly, and to heal any injuries you may have suffered.



If you read the second paragraph above carefully, you might have asked yourself, "What's a nutrient?"

"Nutrient" is the word we use for the good stuff in your food - the part of food that nourishes you and keeps you well.

Sometimes in a commercial you can hear them say, "This product is a source of seven assential nutrients!"

Find a cereal box, juice container or any other item in your house that says something like that on the label, and see what nutrients are in it.

On the next pages is a chart about nutrients.

The largest organ in the human body is your skin! Its jobs as an organ are to protect what's inside, to keep water out, and keep body moisture in, to help you sense (hot and cold, hard and soft etc.), and to regulate body heat. (When you sweat, your skin is actually cooling you down, because when the sweat evaporates, you feel a bit cooler!)

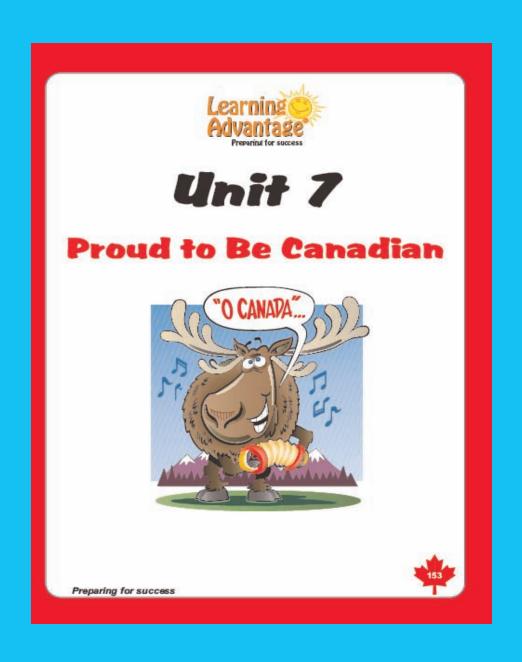
Skin is amazing! And it looks nice too.







Kid-friendly... Colourful graphics

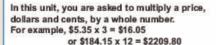




Kid-friendly... Guided practice

Multiplying

You know that multiplying is just a fast way of adding. When the price of something is \$5.00 and you want 7 of them, you can multiply \$5.00 times 7, rather than writing out \$5.00 seven times and adding them up.





It's probably good to put the numbers you're multiplying under each other, if that's how you usually do multiplication questions. Multiply first; put the decimal point in afterwards.

\$184.15	\$5.35	So:
x 12	x 3	
36830	16.05	
184150		
£2200 00		

The only trick in multiplying is to always show the cents, and make sure you put the decimal point in the answer to separate the dollars from the cents.

Even when you get to more complicated multiplication of decimals, you must always have the same number of places after the decimal in the answer as you have in the question.

1. \$99.00 x 10	2. \$69.99 x 7	3. \$20.50 x 8



Kid-friendly... confidence-building activities

Classifying Matter

In previous grades, you classified things into groups according to shape or colour or other categories. For example, we could classify rocks, trees, bicycles and cats into groups called "living" and "non-living" things.

Matter can also be classified into groups.

Here are nine objects that have matter:

apple oxygen milk vinegar hydrogen helium water computer pencil

See if you can figure out the three classifications of matter, by putting those nine objects into three columns in the table below. We have started each column for you.

A	В	С
apple	milk	oxygen

Did you figure out a good system for classifying matter?

The scientific terms:

For column A: solid (apple, computer, pencil)

For column B: liquid (milk, vinegar, water)

For column C: gas (oxygen, hydrogen, helium)







Kid-friendly...

Challenging activities for inquisitive minds

Common TM Shorthand

Here is a list of common TM shorthand terms. Try to figure them out before you ask someone (or check the answers on page 191) for help.

TM term	My guess	Common Answer
1. 2nite		
2. BTW		
3. B4N		
4. BCNU		
5. BFF		
6. CU L8R		
7. FWIW		
8. IMHO		
9. ISO		
10. J/K		
11. LYLAS		
12. MHOTY		
13. NIMBY		
14. NUB		
15. OIC		
16. OT		
17. POV		
18. RBTL		
19. ROTFL		
20. RTM		
21. SITD		
21. SHD 22. THX		
23. TLC		
24. TMI		
25. TTYL		
26. TYVM		
27. VBG		
28. WYWH		
29. XOXO		



Preparing for success



Kid-friendly... reasonable drills

	0	lou	Ge	et it?
it's not that much fun benefits for the rest o		t, but knowin	g how to hand	lle money will have
Try these twelve ques Use the open space o				
1. \$14.13 + \$16.55 =	25			
2. \$8.24 + \$29.95 =	9			
3. \$29.95 - \$8.24 =	E .			
4. \$38.19 - \$29.95 =	25	_8		
5. \$30.68 - \$16.55 =	8	- 23		
6. \$12.34 + \$56.78 =				60
7. \$12.34 x 6 =	in the second			-TP
8. \$9.07 x 14 =	60			
9. \$69.95 x 10 =				BB
10. \$74.04 ÷ 6 =	196	20		
11. \$126.98 ÷ 14 =		_		2 The
12. \$699.50 ÷ 5 =	<u> </u>			(T)
How did you do?	/12			-
Whatever your score and talk about what y	ou have lea			



Kid-friendly... Interesting activities

YOU ARE THE ENGINEER!

CREATE YOUR OWN BEAM BRIDGE



WHAT YOU NEED!

- * 6 books
- * 4 sheets of paper
- * a lot of coins



THE CHALLENGE

Using sheets of paper as the bridge, build a bridge that will support as many coins as possible.

A bridge must support its own weight (the dead load) as well as the weight of anything placed on it, like the coins (the live load). The ends of your bridge must rest on the books and cannot be taped or attached to the books or the table. You may vary the span (the distance between the books) and take notes to see which works best, but the span can't be less than 10 cm.

INSTRUCTIONS:

Make 2 equal piles of books, 20 cm apart.

Put 1 piece of paper flat across the books.



Put on pennies until the paper bridge can no longer hold the weight

Record the number of coins:

Change the span of your bridge (not less than 10 cm). Which span works best?

What is the difference in the load your bridge can hold if you put the coins in the centre of the bridge, or spread out across the bridge?





Parent-friendly... Encourages parent involvement

Parent Tips for Internet Safety

No doubt, as a parent you are well aware of the value of the internet as an important tool for learning. Children can do research, play games and socialize with children from all over the world on the internet. Since this book suggests that students make use of the internet, we offer these safety tips as reminders for responsible parents.

1. Talk with your children about the value and dangers of the internet.

After discussion, post the following rules near your computer:

- a) Never give out personal information such as your full name, phone number, address, school, clubs you belong to, etc.
- b) Do not send a picture of yourself unless you have a parent's permission.
- c) Never agree to meet someone you have met on-line unless you have talked to a parent and one of them goes with you, and you meet in a public place.
- d) If you read something that makes you feel uncomfortable, let a parent know right
- e) Be courteous and never do or say anything on-line to hurt someone.
- 2. Children value their privacy, even if the computer is in a "public place" in your home.

When chatting with friends on the net, many students use codes such as P911 or PIR (parent in room) or even just the single number 1 to advise their correspondent that a parent is approaching. Don't force them to be sneaky. Negotiate with your children, ask for their cooperation, and trust them to be wise in avoiding danger.

3. Ask them to let you be aware of their internet friends just as you would their neighbourhood





Parent-friendly... Family follow-up activities

Follow Up Fun

Extension Activities

The Ontario Science Centre in Toronto has impressive activities to help your child learn more about the human body. Visit www.ontariosciencecentre.ca for more details.

Engage in 20-30 minutes of physical activity each day with your child and keep a journal that shows your progress.

Extra Reading

The Human Body for Every Kid By Janice P. Vancleave

How the Body Works By Steve Parker

101 Things Every Kid Should Know About the Human Body By Beres Samantha

Where Does My Spaghetti Go When I Eat It? By Neil Morris

Lintball Leo's Not-So-Stupid Questions About Your Body
By Walter Larimore

Websites

Have your child explore the following websites:

www.kidshealth.org The Website of the Nemours Foundation, a subsidiary of the DuPont Corporation.

www.bbc.co.uk/health/kids/ A page from website of the British Broadcasting Corporation.

www.lung.ca The website of the Canadian Lung Association. (click on 'Kids Corner')





Kid-friendly... Activities for classroom sharing



Make your own Mummy



Make your own mummy!

- 2 fresh apples
- · large box of table salt
- · large box of Epsom salts
- · large box of baking soda
- knife
- eight 400 ml (12 oz) disposable plastic cups
- · measuring cup
- · large mixing bowl
- · permanent marking pen
- roll of masking tape
- food scale that measures small amounts
- piece of graph paper and pencil

WHAT TO DO!

- 1. Slice the two apples into quarters so that you have eight slices similar in size.
- 2. Place a piece of masking tape on each cup and write the words "starting weight."
- 3. a) Select one slice, weigh it, and record the weight on the outside of cup 1.
 - Follow the same procedure with the other seven apple slices until each cup has been labeled with the appropriate starting weight of its apple.
- a) Add exactly 1/2 cup of baking soda to cup 1, making sure to completely cover the apple. Write the words "baking soda only" on the outside label.
 - b) Fill cup 2 with 1/2 cup Epsom salts.
 - c) Fill cup 3 with 1/2 cup table salt. Make sure you label each cup. N
 - d) Repeat the same procedure for cups 4-6 using a 50:50 mix of Epsom and table salts in cup 4, 50:50 mix of table salt and baking soda in cup 5, and 50:50 mix of baking soda and Epsom salts in cup 6.

Again, make sure each cup has the correct label.





More instructions on next page!