

WHAT DO YOU KNOW?

Colorado Kids: April 6, 2010

1. What three sports are included in triathlon?

- a. Track, cycling, gymnastics
- b. Track, cycling, swimming
- c. Gymnastics, cycling, track
- d. Swimming, gymnastics, cycling

2. Which of these is *NOT* an advantage of working out that was mentioned Leah Shaul's article?

- m. getting in shape
- n. making new friends
- o. saving money
- p. getting better grades

3. Which of these does Ian Murrin recommend you do to improve your batting skills?

- e. Go to a batting cage and practice.
- f. Play a sport like hockey, tennis or lacrosse in the off-season.
- g. Eat more carrots to improve your eyesight.
- h. Sleep with your batting gloves on to get used to them.

4. What is the name of the American Girl doll for 2010?

- c. Grace
- d. April
- e. Lanie
- f. Alondra

5. Which of the following would be the healthiest choice for a fast-food lunch?

- q. Quarter Pounder with cheese
- r. Cheese pizza without pepperoni
- s. Sesame chicken and fried rice
- t. Sushi

6. How old is triathlon competitor Melissa Riley?

- n. About 13
- o. About 12
- p. About 11
- q. About 10

Fill in the letters to the correct answers above to solve this Colorado current events question:

One of Colorado's US Senators is named

1

3

6

2

4

5

What do you think?

Many young girls wait anxiously each year to see what the new American Girl doll for that year will be. Write a paragraph about something that happens each year that you get excited about. Tell what it is and why you are eager for it to come again.

Proofreading:

Look carefully at each underlined word or phrase. If there is a mistake, make the correction in the space above it. If there is no mistake, write "OK" above the underlined word or phrase.

To compete in a triathlon you have to do three things; Train, has the will to go throughwith it, and really love to push yourself.

Summarize the story:

Use three sentences to tell about what Leah Shaull is doing to get in shape, and why.

1.

2.

3.

Behind the story

There are many choices you can make at a fast-food restaurant to make a meal more healthy.

Read the example below, then fill in four other menu items and tell a change you could make so it would be a little more healthy.

What I might order	How I would change it
<i>Whopper</i>	<i>Leave off the mayonnaise and the cheese</i>