

Remote Learning Packet

NB: Please keep all work produced this week. Details regarding how to turn in this work will be forthcoming.

March 30 - April 3, 2020

Course: 7 Science

Teacher(s): Miss Weisse natalie.weisse@greatheartsirving.org

Mrs. Voltin mary.voltin@greatheartsirving.org

Weekly Plan Checklist:

Monday, March 30

- Daily Nutrition Journal Entry
- Pre-Read List
- Chapter 15 Section 1 Outline

Tuesday, March 31

- Daily Nutrition Journal Entry
- Vocabulary List
- Labeled Neuron Diagram

Wednesday, April 1

- Daily Nutrition Journal Entry
- Chapter 15 Section 2 Outline

Thursday, April 2

- Daily Nutrition Journal Entry
- 5 Senses List (from memory if possible!)
- Chapter 15 Section 3 Outline

Friday, April 3

- Daily Nutrition Journal Entry
- Chapter 15 Section 1-3 Questions

Statement of Academic Honesty

I affirm that the work completed from the packet is mine and that I completed it independently.

I affirm that, to the best of my knowledge, my child completed this work independently

Student Signature

Parent Signature

Monday, March 30

- Write Your Daily Nutrition Journal Entry (instructions at the end of the packet!)
- Before you read - list everything that comes to mind when you think about the Nervous System (try to list *at least* 5 things)
- Read Chapter 15 Section 1 (pages 486-490)
- Review the list you made to begin with & star the items that were mentioned in the section.
- On the back of the same piece of paper, for every **purple title** in the chapter
 - ◆ Title the paper “Ch 15 Section 1 Outline - How the Nervous System Works”
 - ◆ write the **purple title**
 - ◆ write one sentence describing what information was given in this section

Tuesday, March 31

- Write Your Daily Nutrition Journal Entry (instructions at the end of the packet!)
- Return to Chapter 15 Section 1
 - ◆ write out all bolded vocabulary words and define them
- On a piece of computer paper (or notebook paper if that’s all you have), create a large diagram of the neuron (nerve cell) shown on page 488.
 - ◆ draw the neuron
 - ◆ label its parts
 - ◆ describe what the parts do from your reading yesterday (re-read if you need to!)

Wednesday, April 1

- Write Your Daily Nutrition Journal Entry (instructions at the end of the packet!)
- Read Chapter 15 Section 2 (pages 492-498)
- On a piece of paper, for every **purple title** in the chapter
 - ◆ Title the paper “Ch 15 Section 2 Outline - Divisions of the Nervous System”
 - ◆ write the **purple title**
 - ◆ write one sentence describing what information was given in this section

Thursday, April 2

- Write Your Daily Nutrition Journal Entry (instructions at the end of the packet!)
- Before you read - try to list the five senses from memory and think about what parts of your body are needed for each sense.
- Read Chapter 15 Section 3 (pages 500-507)
- On a piece of paper, for every **purple title** in the chapter
 - ◆ Title the paper “Ch 15 Section 3 Outline - The Senses”
 - ◆ write the **purple title**
 - ◆ write one sentence describing what information was given in this section

Friday, April 3

- Write Your Daily Nutrition Journal Entry (instructions at the end of the packet!)
- Review the chapter outlines you created from Chapter 15 Sections 1-3 in the following way
 - ◆ read the title of each section
 - ◆ explain outloud what you remember about the section
 - ◆ read the description of the section that you wrote
- On a new sheet of paper, complete the following questions from each section:
 - ◆ page 490 #1-4
 - ◆ page 498 #1-4
 - ◆ page 507 #1-5

Well Done!

You've Completed Your First Week of Distance Learning!

Thank you for your diligence and hard work!

Daily Nutrition Journal Instructions

The week before spring break we were studying nutrition. We finished off the week thinking about our meals and what nutrients we are getting from each part of our meals. This week, you are going to create a “Daily Nutrition Journal” and track nutrients you are putting in your body (because, remember, you *are* what you eat).

To create this journal, you will simply use loose leaf paper and at the top write DAILY NUTRITION JOURNAL.

Then, for each day of the week, you will do the following after lunch:

- 1) Write down everything you ate for lunch.
- 2) After each food item, list what nutrients you believe the food has.
- 3) After you have identified all nutrients present in your lunch, tally up how many times you wrote down each nutrient.

Look below for examples:

Mrs. Voltin’s Daily Nutrition Journal

<u>Lunch on Monday March 23</u>	<u>Lunch on Tuesday March 24</u>
<p>Tuna Melt Sandwich</p> <p style="padding-left: 20px;">Two slices bread - carbohydrate</p> <p style="padding-left: 20px;">Tuna - protein/water</p> <p style="padding-left: 20px;">Mayonnaise - fat</p> <p style="padding-left: 20px;">One slice cheddar cheese - fat/protein</p> <p>Tomato Soup - carbohydrates/vitamins/minerals/water</p> <p>Salad</p> <p style="padding-left: 20px;">Lettuce - carbs/vitamins/minerals/water</p> <p style="padding-left: 20px;">Carrots - carbs/vitamins/minerals/water</p> <p style="padding-left: 20px;">Cucumber - carbs/vitamins/minerals/water</p> <p style="padding-left: 20px;">Green onion - carb/vitamin/mineral/water</p> <p style="padding-left: 20px;">Italian salad dressing - fat/water</p> <p>Fats - 3</p> <p>Carbohydrates - 7</p> <p>Proteins - 1</p> <p>Vitamins - 5</p> <p>Minerals - 5</p> <p>Water - 7</p>	<p>Taco (two)</p> <p style="padding-left: 20px;">Corn taco shell - carbohydrate</p> <p style="padding-left: 20px;">Ground beef - protein/water</p> <p style="padding-left: 20px;">Refried beans - protein</p> <p style="padding-left: 20px;">Tomatoes - carbs/vitamins/minerals/water</p> <p style="padding-left: 20px;">Onions - vitamins/minerals/water</p> <p style="padding-left: 20px;">Grated cheese - fat/protein</p> <p style="padding-left: 20px;">Lettuce - carbs/vitamins/minerals/water</p> <p style="padding-left: 20px;">Sour cream - fat/vitamins/minerals/water</p> <p>Milk - fat/protein/vitamins/minerals/water</p> <p>Chocolate brownie - carbs/fat</p> <p>Fats - 4</p> <p>Carbohydrates - 4</p> <p>Proteins - 4</p> <p>Vitamins - 5</p> <p>Minerals - 5</p> <p>Water - 6</p>