CBSD FID WORKBOOK
GRADE 6

Name:_____

FLEXIBLE INSTRUCTION
DAY 1

What is a <u>Flexible Instructional Day</u> also known as a "FID" Day?

In Pennsylvania, a flexible instructional day, as defined by the Department of Education, refers to a day when schools can deliver instruction remotely rather than canceling school due to inclement weather or other unforeseen circumstances.

What is the <u>purpose</u> of a Flexible Instructional Day?

The purpose of implementing flexible instructional days is to ensure that students continue to receive meaningful instruction even when traditional "in-person" learning is not possible. Flexible instructional days allow schools to maintain continuity in the educational process, ensuring that students can continue their learning without interruption. By utilizing technology and remote learning workbooks/resources, schools can provide students with access to instructional materials, assignments, and teacher support, regardless of physical location.

How will I know when Central Bucks is having a "FID" day?

- Central Bucks School District will send notifications to families via email, website, text notification, social media, etc. to communicate the "FID" day.
- Your child's teacher will publish the FID content in Canvas:
    - Link to an online survey for attendance.
    - Link to an ***optional*** live Teams call for teacher "Office Hours."

How will my child use the "Flexible Instructional Books" on these "FID" days?

This "flexible instructional book" is your child's workbook that outlines the procedures, expectations, and resources for completing the work for a flexible instructional day. Here's how such a book will be used:

- The **<u>Flexible Instructional Book</u>** provides approximately *<u>4 hours</u>* of instructional activities.
- Your child will complete reading, math, writing, and specials *(P.E., Music, Library, Art, or QUEST)* during the "FID" day.
- Your child will then return the "FID" book to their homeroom teacher when school resumes "in-person."

How will my child use Canvas on these "FID" days?

- Students will access Canvas via Classlink on district provided device
- Attendance will be submitted via Canvas
- Office Hours will be offered via a Teams call linked in Canvas from 12:00-12:30
- Digital workbooks will be linked to Canvas

What if I need to use a personal device and can't find my students Username and password?

- Student usernames can be found in the Parent Portal of Infinite Campus. It is located in the "More" section of the Main Menu under "Family Information". The username is the student's full email address. Ex: Smith.J123@student.cbsd.org. The password for new students is Uppercase first initial, lowercase last initial, and their 6 digit birthday. Ex: James Smith born on 07/08/2009 a password of Js070809

CBSD FID WORKBOOK
GRADE 6

MATH
DAY 1

CBSD FID WORKBOOK
GRADE 6

READING AND WRITING
DAY 1

FLEXIBLE INSTRUCTIONAL DAY 1: MATH

ADDING AND SUBTRACTING DECIMALS

MATH LESSON SUMMARY

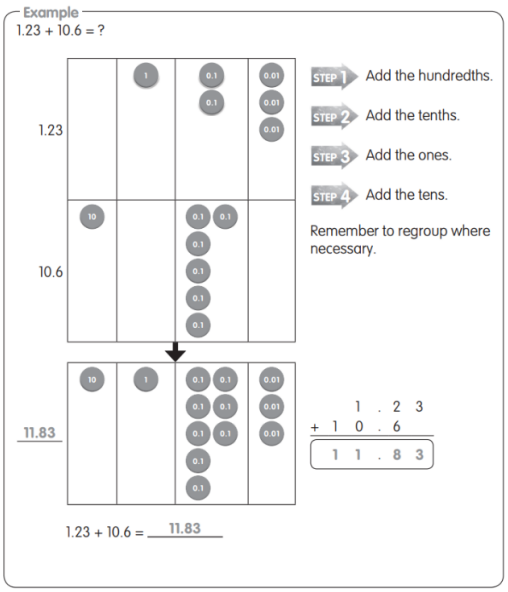
Activity #1 *(10-15 min)*		
F **Fluency Practice**	Complete 15 fluency questions	
Activity #2: CHOOSE 1 ACTIVITY FROM THE 2 OPTIONS BELOW *(40-50 min)*		
I **Independent Practice**	Decimal Independent Practice page Option 1 & Decimal Mixed Practice Worksheet	Decimal Independent Practice page Option 2 & Decimal Mixed Practice Worksheet
Activity #3: *(30 min)*		
D **Dive Into a Game**	Decimal Snap!	

FLUENCY

1.) $3 \times 9 =$ _____	6.) $7 \times 5 =$ _____	11.) $28 \div 4 =$ _____
2.) $6 \times 4 =$ _____	7.) $25 \times 9 =$ _____	12.) $7 \times 9 =$ _____
3.) $8 \times 8 =$ _____	8.) $8 \times 5 =$ _____	13.) $50 \times 3 =$ _____
4.) $12 \div 3 =$ _____	9.) $36 \div 6 =$ _____	14.) $3 \times 7 =$ _____
5.) $42 \times 7 =$ _____	10.) $5 \times 4 =$ _____	15.) $49 \div 7 =$ _____

Decimal Independent Practice Page Option 1

Add.



6.02	7.50
+ 8.03	+ 1.16
101.6	80.03
- 22.5	- 78.00
34.9	823.06	784.01
+ 10.3	- 100.30	- 307.01

1.) David made some fruit punch by mixing mango juice and pineapple juice. He used 2.05 liters of mango juice and twice as much pineapple juice as mango juice to make the fruit punch.

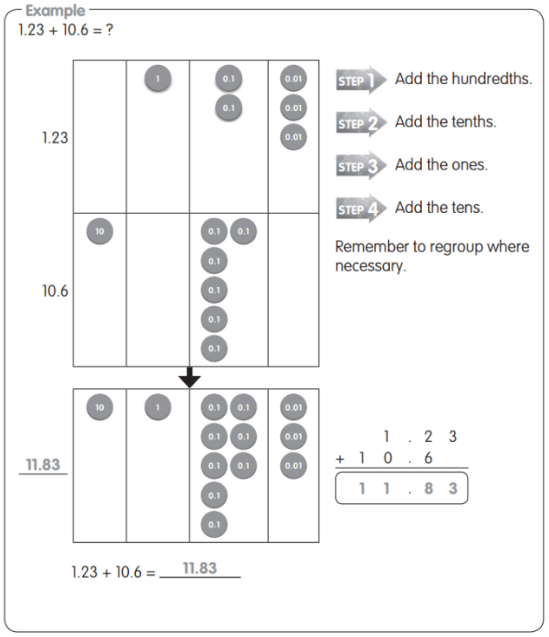
a.) How much pineapple juice did David use?

b.) How much fruit punch did David make?

2.) The total distance around a circular path in the park is 94.18 meters. If Connor traveled around the path 3 times, what was the total distance Connor traveled?

Decimal Independent Practice Page Option 2

Add.



604.3	60.06
- 401.1	+ 22.80
555.6	70.12
- 361.1	+ 30.11
34.9	823.06	784.01
+ 10.3	- 100.30	- 307.01

1.) Rachel wanted to buy a craft set that cost $58.45, but she was short of $12.90. How much money did Rachel have?

2.) The thickness of a piece of wood was 2.45 centimeters. Lucas stacked 9 pieces of wood, one on top of the other. Find the total height of the stack of 9 pieces of wood.

Decimal Mixed Practice Worksheet

DIRECTIONS: Add, subtract, or multiply and solve.

1.) 18.04 x 1.2 = _____

2.) 30.4 **-** 2 = _____

3.) 45.3 **x** 100 = _____

4.) 89.36 **x** 5 = _____

5.) 73.05 x 5.7 = _____

6.) 100.4 **+** 2 = _____

7.) 209.05 + 82 = _____

8.) 90.2 x 4.4 = _____

9.) 4.5 x 3.84 = _____

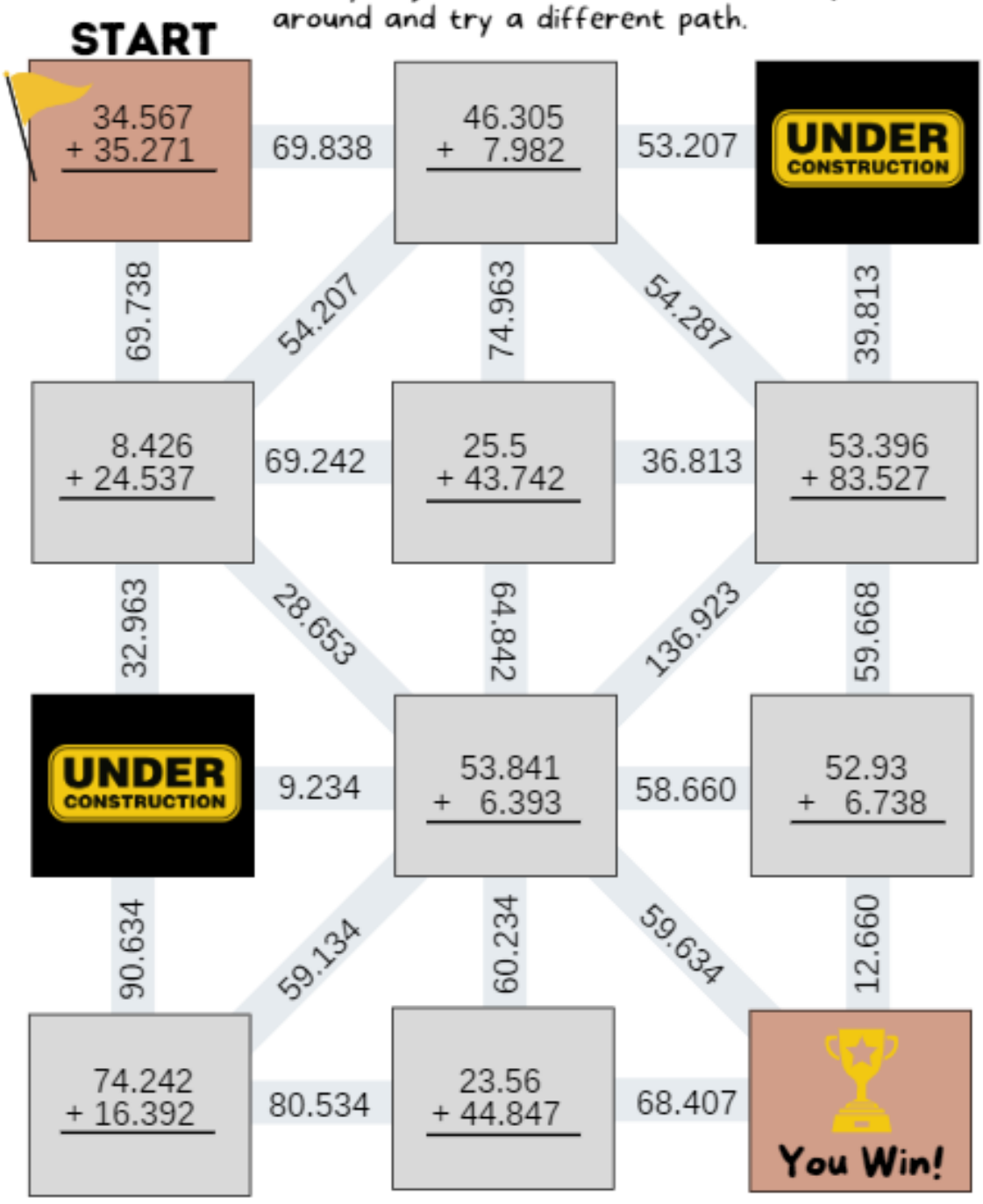
10.) 6.8 **+** 4 = _____

11.) 804.2 - 17.1 = _____

12.) 20.007 **+** 9.07 = _____

MATH MAZE
Addition of Decimal Numbers

Add the following decimals and use your answers as guide to the end of the maze. If you get an "under construction" space, turn around and try a different path.



What you need:

Players: 4 to 5
Materials: Decimal cards, Fraction cards

What to do:

1. Put all the decimal cards face up on a table.
2. Shuffle the fraction cards and place the deck face down on the table. Then, turn over the top card.
3. Check to see if the fraction on the card is equivalent to any of the decimals on the cards on the table.
4. The fastest player to find a match will say, "Decimal snap!" and collects the two cards.
5. The other players check the answer. If the answer is wrong, the fraction card is put at the bottom of the card deck, and the decimal card is returned to the table.
6. Turn over the next fraction card and continue the game. Play until no more matches can be found.

Who is the winner?

The player who collects the most matching cards wins!

TR07 Decimal Cards

3.072	1.315	2.855
0.416	5.375	1.368
0.075	4.496	0.675
1.024	3.128	3.016
2.625	4.956	6.825

TR08 Fraction Cards

$3\frac{9}{125}$	$1\frac{63}{200}$	$2\frac{171}{200}$
$\frac{52}{125}$	$5\frac{3}{8}$	$1\frac{46}{125}$
$\frac{3}{40}$	$4\frac{62}{125}$	$\frac{27}{40}$
$1\frac{3}{125}$	$3\frac{16}{125}$	$3\frac{2}{125}$
$2\frac{5}{8}$	$4\frac{239}{250}$	$6\frac{33}{40}$

FLEXIBLE INSTRUCTIONAL DAY 1: READING AND WRITING

READING AND WRITING LESSON SUMMARY

Total Time – 90 Minutes		
Time	Focus	Description
90 Minutes	Reading/ Writing	1. Read the text "Eating for Energy". 2. Respond to the prompts and questions related to the text. 3. Write a summary of the text.
30 Minutes	Independent Reading	1. Read a self-selected book. 2. Complete the Reading Log.

Reading and Writing - 90 Minutes

Directions:

1. Today you will be reading about eating for energy.

2. Read the Fast Facts and think about what you might already know about the topic.

3. Read the passage aloud or silently to yourself. Take as much time as you need.

4. Use the Building Connections page to write words or phrases to help you remember what is important.

5. Answer the Key Notes question at the end of each passage.

6. Answer the questions by going back into the text to find your answers.

7. Please write in complete sentences with evidence from the text.

Eating for Energy

Good food choices give your body lots of energy.

Fast Facts

- One gram of carbohydrates provides about 4 calories.
- One gram of fat provides about 9 calories.
- Teens generally need 2,200 to 2,800 calories a day.

Healthful Eating

Food provides energy for everything you do, from using a computer to playing sports. Nutrition is the science that studies[22] how bodies use food. Everyone has different nutritional needs because everyone needs different amounts of energy.[38]

Food energy is measured in calories. One calorie is the amount of energy needed to raise the temperature of 1 gram of[60] water 1 degree. Fruits, vegetables, and grains are good sources of calories.[72]

You can create a nutritious diet by choosing and preparing your food wisely. Bananas provide better nutrition than candy.[91] That's because candy gives you quick energy, but that energy soon fades. Baked potatoes also provide better nutrition than fried potatoes. That's because fried potatoes add fat to your diet.[121]

KEY NOTES

Healthful Eating

What is healthful eating?

_____

_____

Eating for Energy

If a food group is near the top of the Food Pyramid, eat less of that food.

Fast Facts

- The revised Food Pyramid was introduced in 2005.
- Fifteen percent of Americans 12 to 19 years old are overweight.
- Foods with sugar often have "empty calories," making you feel full but providing few nutrients.

The Food Pyramid

People who study how bodies use food are called nutritionists. Nutritionists divide food into five main groups. A healthful diet has a balance of foods from all five groups.[32]

The five food groups are grains, vegetables, fruits, dairy products, and meat and beans. Your body also needs fats, but only in small amounts.[56]

The Food Pyramid shows what kinds of foods make up a balanced diet. Using the pyramid helps you choose the right[77] amounts of food from each group and reminds you that exercise is also important for health.[93]

A healthful diet helps keep you fit. It gives you the energy you need to perform well in school and in sports, and it helps you enjoy spending time with friends.[124]

KEY NOTES

The Food Pyramid

What is the Food Pyramid?

_____

_____

Eating for Energy

The nutrition of one serving of food is shown on a label.

Fast Facts

- The Nutrition Labeling and Education Act was passed in 1990.
- Nutrition label percentages are based on 2,000 calories a day.
- Nutrition label information is based on *one serving* of a food in a package, not on *all* the food in the package.

Nutrition Labels

Nutrition labels tell us if a food meets our nutritional needs. They list the amounts of nutrients that are in one serving of a[26] food, including carbohydrates and fats. Nutrition labels also list how much of each nutrient you need every day. This number is[47] listed as a percent of the total number of calories many people eat in a day.[63]

Nutrition labels can help you choose healthful foods. They can show you that eating pasta is a better choice than eating[84] potato chips. That's because pasta's carbohydrates give you energy that lasts longer.[96]

The next time you buy food, even a snack, read the nutrition label. It can help you choose a food that can keep you healthy and strong.[123]

KEY NOTES

Nutrition Labels

What do nutrition labels show?

_____

_____

Eating for Energy

Fruits and vegetables contain Vitamin C.

Fast Facts

- There are 13 vitamins: A, C, D, E, K, and 8 vitamins called the B complex.
- One way you can get vitamin D is from sunlight.
- You need some minerals in very small amounts. These minerals are called trace elements.

Vitamins and Minerals

Two kinds of nutrients you get from food are vitamins and minerals. Vitamins help your body change food into energy[23] and build strength. Vitamin A is needed for healthy skin and strong bones. Vitamin B12 helps your body form new red blood cells. Vitamin C is important for good teeth and helps fight colds.[57]

Minerals help you grow and stay healthy. They build strong bones and teeth and keep your muscles and nerves healthy. Iron[78] is a mineral that helps oxygen get to your red blood cells. The mineral copper helps your body use iron.[98]

Your body works hard all day. You can keep it working well by eating right to get the vitamins and minerals you need.[121]

KEY NOTES

Vitamins and Minerals

What are vitamins and minerals?

Eating for Energy

Healthful Eating

1. Why does your body need food?

a. Food provides energy for everything you do.
b. Food is a good source of energy.
c. Food helps you use a computer and play sports.
d. all of the above

2. How can you create a nutritious diet?

a. by choosing foods that taste good
b. by eating only fruits and vegetables
c. by choosing and preparing food wisely
d. by eating foods that have lots of energy

3. Why should different people eat different amounts of food?

_____

_____

_____

The Food Pyramid

1. What does the Food Pyramid show?

a. the kinds of foods you can buy in stores
b. the kinds of foods that are in a balanced diet
c. the kinds of fruits and vegetables you should eat
d. the kinds of foods that nutritionists like to eat

2. What else does the Food Pyramid show?

_____

_____

_____

3. What are some benefits of a healthful diet?

_____

_____

_____

Nutrition Labels

1. Nutrition labels show _____

a. how the food is prepared.
b. the amount of energy in the nutrients.
c. how much one serving of a food costs.
d. the nutrients in one serving of a food.

2. Nutrition labels are meant to help people _____

a. know how a food tastes.
b. prepare a food.
c. balance their diet.
d. know who made the food.

3. Why should people read nutrition labels before they buy or eat food?

_____

_____

_____

Vitamins and Minerals

1. Why do you need vitamins and minerals?

a. to build strength
b. to stay healthy
c. to help your body work well
d. all of the above

2. What are two ways your body uses vitamins?

_____

_____

_____

3. What are two ways your body uses minerals?

_____

_____

_____

nutrition	**calorie**	**nutritionists**	**pyramid**
carbohydrates	**nutrients**	**vitamin**	**mineral**

1. Choose the word from the word box above that best matches each definition. Write the word on the line below.

A. _____ people who study food and how bodies use it

B. _____ things found in foods that provide nutrition

C. _____ nutrients that are found in pasta and other grains

D. _____ a kind of nutrient that helps your body build healthy skin and teeth

E. _____ a kind of nutrient that helps your body get oxygen to your blood cells

F. _____ a unit that is used to measure the energy in food

G. _____ the science that studies how the body uses food

H. _____ a shape with a point at the top and a broad base

2. Fill in the blanks in the sentences below. Choose the word from the word box that completes each sentence.

A. To check his diet, Marco listed the _____ in all of the foods he ate.

B. Alex went to school to study _____ because he was interested in foods.

C. Sara watched the _____ counts of the foods she ate so she could lose weight.

D. The Food _____ tells you how to balance your diet.

E. Iron is a kind of _____ that helps our red blood cells get oxygen.

F. There is a lot of _____ C in oranges and other fruits.

G. Karen talked to several _____ to make sure she ate properly before the race.

H. Bread has a rich supply of _____.

Eating for Energy

1. Use the chart to help you remember what you read. In the right column, complete the sentences that begin in the left column.

A. To eat right for energy, we should _____	
B. The Food Pyramid helps us to _____	
C. Nutrition labels help us to _____	
D. Vitamins help our bodies _____	
E. Minerals help our bodies _____	

2. Why is it important to eat healthfully?

3. What would you tell someone who wanted to learn to eat healthfully?

4. What are two changes you can make to your diet so you will eat more healthfully?

Summarize the text that you read about eating for energy.

INDEPENDENT READING - 30 Minutes

Instructions:

1. Continue to read your independent reading book.

2. If you do not have your Independent Reading book, select a book from your home library.

3. Log the title, author and number of pages on the Reading Log.

Reading Log 

Name: _____ Parent Initials: _____

Date	Title of Book	Author	Pages	Time spent reading

CBSD FID WORKBOOK
GRADE 6

SPECIALS
DAY 1

ART - Grade 6

FID day 1

TIME
20 minutes

🎯Learning Goal: I will sketch an object 4 times and add different color schemes to each drawing .

Materials

- pencil and eraser
- markers, crayons or color pencils
- found object

POP ART 'STUFF'

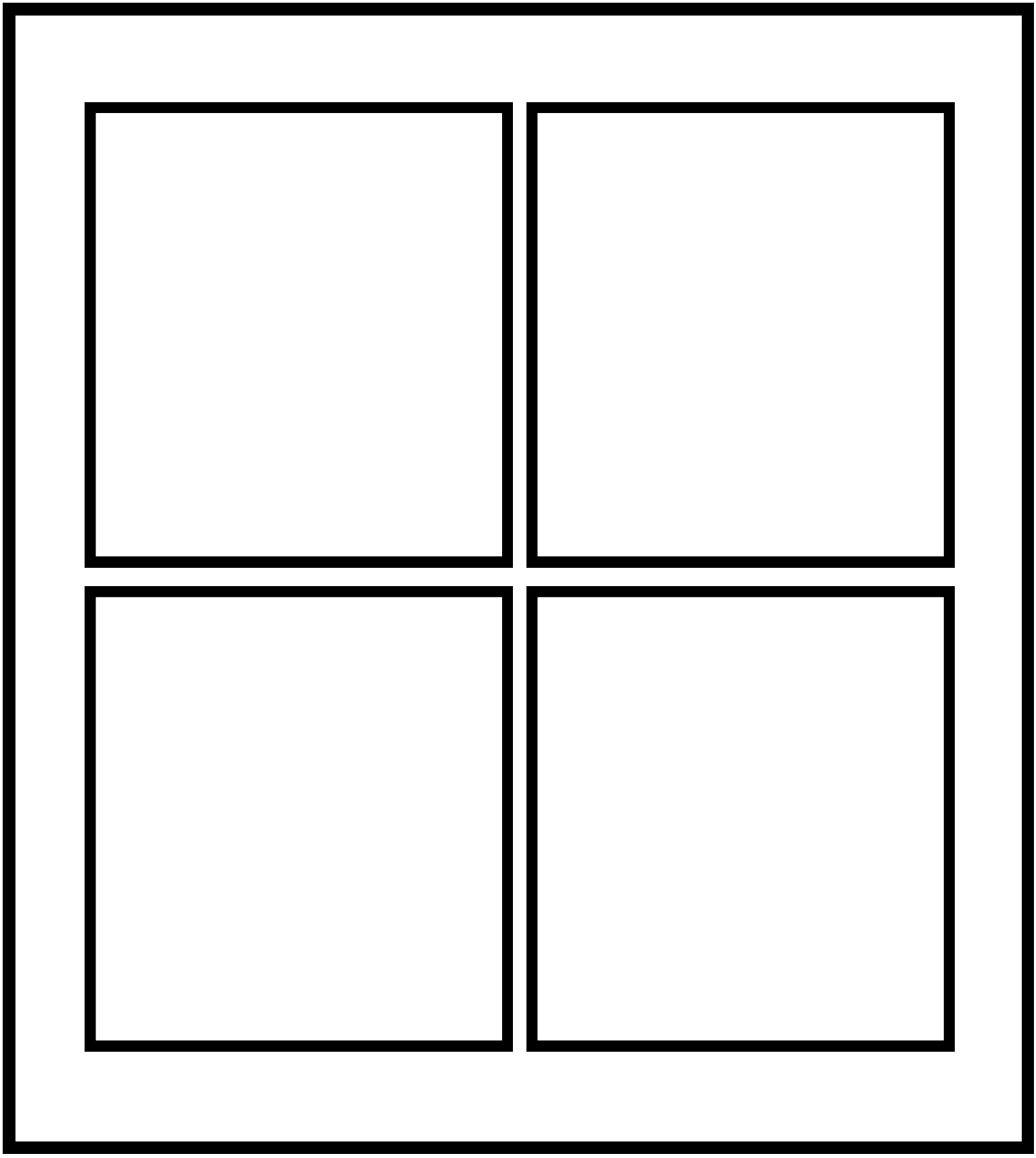
Andy Warhol (1928-1987) was an American artist who lead the pop art culture of the 50's and 60's. You are going to create some Warhol-inspired Pop Art, with careful consderation of the use of color and repetition.

DIRECTIONS:

1. Read all directions
2. Pick 1 object in your house
3. Sketch it 4 times lightly in pencil
4. Add color to show each color scheme
   - each object should be different colors

- Outline in a smooth crisp black line

Sketch your POP art objects here! If you have time, add a frame/ border filled with detailed patterns



POP ART