

RULE of 3™

Level 2

Best Practices
**Interdisciplinary
Vocabulary
Development**

**Teacher's
Manual**



Common Core State Standards-Based

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Overview for WONDER Level 2

Unit 1: WONDER About Staying Healthy, Eat Healthy Foods and Get Exercise

Vocabulary

At the top of each WONDER Student Book Page is a list of Power Words to use with the **RULE of 3 or RAP** (REHEARSE, ANALYZE and PRODUCE).

Power Words

- Show visuals for the Power Words.
- Multiple-meaning words are starred *.

Topic

WONDER About Staying Healthy:
Eat Healthy Food and Get Exercise

Communicative Goals

- Contribute to conversations and express ideas.
- Use a growing number of academic and domain-specific words.
- Ask and answer questions using academic and domain-specific words.
- Describe ideas and text elements.
- Collaborate with peers on joint writing about informational text.
- Demonstrate active listening to read-alouds.

Expressive/Functional Language

- Ask and answer questions.
- Contribute to class, group and partner discussions, asking and answering teacher-posed questions.
- Offer opinions and negotiate with others in conversations using learned phrases.

- Support opinions by providing good reasons and some textual evidence.

Affective/Social Language Skills

- Discuss how to stay healthy through healthy eating and exercise.

Common Core State Standards-Based Listening, Reading and Writing Skills

- Determine or clarify the meaning of unknown and multiple-meaning words and phrases.
- Know and apply grade-level phonics and word-analysis skills in decoding words.
- Determine the meaning of words and phrases in a text relevant to a topic.
- Know and use various text features (e.g., table of contents) to locate key facts.
- Identify real-life connections between words and their use.
- Identify the main purpose of a text, including what the author wants to answer, explain or describe.
- Write narratives that include details to describe actions, thoughts and feelings.
- Distinguish the main idea and supporting details in informational text.

Materials

WONDER Student Book
Power Words Book
Power Point visuals

UNIT 1

WONDER About Staying Healthy,
Eat Healthy Foods and Get Exercise

WONDER UNIT 1 Introduction

WONDER Student Book, Page 1

1. Introduce page 1. Point to the words and read the title.
2. Discuss each picture and how people can stay healthy.
3. Discuss healthy foods and exercise.
4. Have students ask the questions with a partner:

What is he doing?

What is she doing?

5. Introduce the poem.

Say: *This is a poem about staying healthy.*

Listen to the poem.

Point to the pictures as you read the poem.

Staying Healthy

What do you and your family do to stay healthy?

Can you tell me?

My dad and mom buy healthy vegetables for us at the store.

They choose vegetables, fruit, grains, meat, fish and more.

I eat an apple every day.

My mom and dad say I will stay healthy that way.

I exercise and play outside.

Sometimes, I go with my family on a bike ride.





WONDER Unit 1: Student Benchmark Reading

Directions for Reading Main Ideas and Key Details:

1. Read to a partner the passages entitled:
Are Apples or Bananas the Best Fruit? and Bananas are the Best Fruit?
2. Underline in the passage the following Power Words from Unit 1. Work with a partner.
3. Answer the questions about the main ideas and details using evidence from the passage and the chart.



Are Apples or Bananas the Best Fruit?

Apples are the Best Fruit

¹ Apples have been part of American living for a very long time. The first apple trees were planted in Massachusetts in the early 1600s. In early America if you wanted to grow an apple tree, all you had to do was plant an apple seed and wait for the tree to grow. Today apple trees grow in orchards. There are many kinds of apples including Golden Delicious apples and Mackintosh apples. Some of the apples are sweet and others are tart. Some apples can be used in cooking.

Apples are a Great Snack

² Apples are the best fruit. They are crunchy and great to eat for a snack. You can make many desserts with apples. You can make apple pie, apple cake or candy apples. You can also make delicious apple cider.

Apples are Good for Your Health

³ Apples are not only good to eat, they are good for your health. Grandmother's saying that "an apple a day keeps the doctor away is really partly true. Apples do help keep us healthy.

⁴ Apples have vitamins A, C and B. Some doctors tell you to eat an apple when you have a cold. The apple has the vitamin C you need to fight the cold. Many doctors tell you to eat apples as part of 2-4 fruit servings you eat daily as part of your healthy food plate.

⁵ Dentists as well as doctors believe in the importance of apples to keep you healthy. Some dentists say that chewing on an apple cleans your teeth as well as a toothbrush.

Apple Recipes on the Internet

⁶ Did you know that there are many recipes you can create with apples? The website apples.com on the Internet has all kinds of apple recipes. There are recipes for dried apples, apple tarts and apple cider. There are also recipes for apple butter which can be spread on toast in the morning. Of all these great recipes, there is no better way to eat apples than in a delicious American apple pie. This is an Internet recipe for making an apple pie.





American Apple Pie Recipe

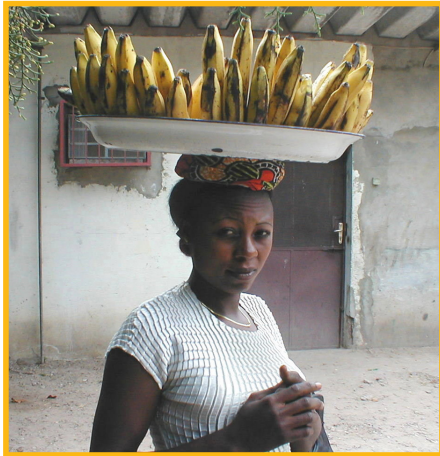


Ingredients

- 6 or 7 medium tart apples
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoons all purpose flour
- 2 tablespoons of butter
- Pastry for a 2-crust 9-inch pie.

Steps for Cooking

1. Preheat the oven to 400 degrees Fahrenheit.
2. Peel, core and slice the apples.
3. In a mixing bowl stir together the apple slices, sugar, cinnamon and flour.
4. Line a nine-inch pie dish with a pastry crust. Put one of the pie crusts on the bottom of the pie tin.
5. Fill the pastry-lined pie tin with your apple ingredients.
6. Put a pie crust over the top.
7. Slit lines in the top of the pie.
8. Bake the pie at 400 degrees for 50 minutes until the crust is a golden brown.



Bananas are the Best Fruit

¹ Bananas have been part of American living for a very long time. Bananas are grown in countries of Africa, Latin America and other countries in the Pacific. Bananas have been shipped to the United States for many years. There are many kinds of bananas. Some bananas are large. Other bananas are small.

Bananas are a Great Snack

² Bananas are the best fruit. They are delicious to eat for a snack. They are also great in desserts and shakes. Have you ever eaten a banana cream pie or banana pudding? Have you ever tried a banana dipped in chocolate?

Bananas are Good for Your Health

³ Bananas have three natural sugars that give you energy. Two bananas give you enough energy to play sports for 90 minutes. Bananas are filled with potassium. Potassium helps you have a regular heartbeat. It also helps you more brain power. Some people even say that eating bananas keeps you happy.

⁴ The peel of the banana is a natural remedy for mosquito bites that itch. If you compare bananas to apples, bananas pack 4 times more protein, two times more vitamins and five times more iron!

⁵ So whip up a banana smoothie pronto, and enjoy the great taste that also does wonders to your health! Who said foods that taste good aren't really good for you?



Banana Recipes on the Internet

Did you know that there are many recipes you can create with bananas? The website bananas.com on the Internet has all kinds of banana recipes. There are recipes for dried bananas, banana cake and banana shakes. Of all these great recipes, there is no better way to eat bananas than in a delicious banana split. This is an Internet recipe for making a banana split.

Banana Split

Ingredients

- 2 bananas,
- 1/2 pint vanilla ice cream
- 1 cup blueberries
- 1 cup chocolate sauce

Directions

1. Place the bananas in a large dish.
2. Scoop 3 to 4 balls of ice cream onto the bananas.
3. Top with the berries and chocolate sauce.

WONDER Unit 1: Reading Benchmark



Directions:

- ✓ Find the direct or inferred evidence in the passage to support each statement.
- ✓ Highlight the sentence or sentences in the passage that give the direct or inferred evidence to support each statement.
- ✓ Read and discuss your answers with a partner. Use the Stoplight Evidence-Based Reading Poster.

Direct Evidence: The facts are directly stated in the passage. Underline the sentences in green.

Inferred Evidence: The ideas are inferred in the passage. Underline the sentences in yellow

1. Apples have many vitamins.

Is the evidence direct or inferred?

Evidence: _____

2. Bananas help you think better.

Is the evidence direct or inferred?

Evidence: _____

3. Apples have grown in America for over 400 years.

Is the evidence direct or inferred?

Evidence: _____

4. Bananas have more protein than apples.

Is the evidence direct or inferred?

Evidence: _____