

Table of Contents

Introduction	3	Island Survival	97
Preparing Your Classroom	4	Language Arts	98
What Is Survival?	6	Science	100
Universal Survival	7	Social Studies	102
Language Arts	8	Math	106
Science	13	Arts	109
Social Studies	15	Physical Education	113
Math	18	<i>Call It Courage</i>	114
Arts	19	<i>Island of the Blue Dolphins</i>	124
Physical Education	22	War Survival	134
Wilderness Survival	24	Language Arts	135
Language Arts	25	Science	138
Science	27	Social Studies	141
Social Studies	32	Math	144
Math	35	Arts	146
Arts	38	Physical Education	147
Physical Education	39	<i>Zlata's Diary</i>	149
<i>My Side of the Mountain</i>	40	<i>The Devil's Arithmetic</i>	159
<i>Lost on a Mountain in Maine</i>	51	Culminating Activities	169
Arctic Survival	62	Unit Award	173
Language Arts	63	Answer Key	174
Science	65		
Social Studies	67		
Math	71		
Arts	73		
Physical Education	75		
<i>Julie of the Wolves</i>	76		
<i>Maroo of the Winter Caves</i>	87		

Name _____

Nutritional Number Facts

To find out about the nutrients that are important to our diets, solve the problems below. Then write the letter that is beside each answer every time you find it in the puzzle.

25×32 = A	$824 \div 4$ = B	47×21 = C	$765 \div 15$ = D	14×42 = E	78×3 = F	$864 \div 12$ = H	63×12 = I	29×17 = L	$594 \div 22$ = M
55×11 = N	$356 \div 2$ = O	17×15 = P	$792 \div 12$ = R	$600 \div 10$ = S	25×16 = T	27×12 = U	19×31 = V	$380 \div 20$ = W	52×12 = Y

1. These are essential for the growth, development and repair of body tissues. Some good sources of this nutrient are fish, meat, poultry, and eggs.	$\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ 255 66 178 400 588 756 605 60
2. These provide the main source of energy for our bodies. Some good sources of this nutrient are fruits, vegetables, breads, and pasta.	$\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ 987 800 66 206 178 72 624 51 66 800 400 588 60
3. These provide a source of stored energy and carry vitamins to body cells. They also insulate the body. Some good sources of this nutrient are dairy products, meats, and nuts.	$\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ 234 800 400 60
4. These nutrients are necessary to regulate chemical reactions in our bodies. They are found in a variety of foods. By eating a well-balanced diet, these nutrients will naturally be consumed in adequate amounts.	$\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ 27 756 605 588 66 800 493 60
5. These promote necessary chemical reactions in our bodies. These nutrients are also found in a variety of foods and will be naturally consumed by eating a well-balanced diet.	$\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ 589 756 400 800 27 756 605 60
6. This nutrient helps digestion, regulates body temperature, and makes up our blood. It is absolutely necessary for survival.	$\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ $\underline{\quad}$ 19 800 400 588 66

Not Knots!

The common knots that we use today have been around for hundreds of years. Most of them were originally developed by sailors to use on ships. Knot tying was a craft for most sailors. Sailors depended on a number of knots for securing ropes, and they used different knots to perform very specific tasks on their ships. Sailors were constantly inventing new and better methods of tying knots.

Although many of the knots we use today can be attributed to the sailors of hundreds of years ago, the craft of knot tying has been around much longer. Remains of knots over 4,000 years old have been found in Peru. An ancient tribe of Incas in Peru used knots to make fishing nets and ropes strong enough to build suspension bridges.

In ancient folklore, knots were believed to have magical powers. Wizards used them to cast spells or to bring bad luck. In Germany, it was believed that you could get rid of warts by tying knots in a piece of string and then leaving the string under a stone. The first person who stepped on the stone would get the warts, and the person who tied the knots would be rid of them.

Today, knots are especially important to mountain climbers, sailors, and people hiking in the wilderness. The better a knot is tied, the stronger it will be when there is a need for survival. Try tying the knots described on this page and the next. Remember, they are not all easy the first time. Sailors spent hundreds of years developing them!

Bowline

1. Make an overhand loop in the center of a piece of rope.
2. Bring the right end up through the loop.
3. Pass this same piece behind and under the left-hand, straight section of rope.
4. Continue the right-hand piece of rope back down and through the same loop that you passed through in step 2.
5. Tighten the knot by pulling the rope ends.

