The WCR
Westcoast Reader

Teachers' Notes

The exercises in these Teachers' Notes provide learning activities for a wide range of learners. They focus on helping learners develop reading strategies; increase their vocabulary; and improve their grammar, spelling, and pronunciation. Resources are included for extension activities and a discussion is included to help improve speaking and listening.

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Answers

Words that sound the same (TN2)

1. pie 2. Pi 3. blew 4. blue 5. by 6. buy 7. bye 8. bear 9. bare 10. here 11. hear

Groups of animals (TN3)

1. a herd of moose 2. a murder of crows
3. a litter of kittens 4. an army of frogs
5. a pride of lions 6. a colony of ants 7. a school of fish 8. a pack of wolves

More than one (TN3)

1. boxes 2. cat 3. table 4. moose 5. mail 6. baby 7. puzzles 8. months 9. street

Food label (TN4)

Per ___1/2 Cup___ cup (___125___ ml)	% Daily Value	
Calories ___170___		
Fat ___10 g___	16	%
Sodium ___45 mg___	2	%
Fibre ___0 g___	0	%
Sugars ___16 g___		
Is Fat high or low? ___Fat is high.___		
Is Sodium high or low? ___Sodium is low.___		

Resources & Discussion

Nutrition Month (WCR2)

To learn more on how to use food labels, visit: https://food-guide.canada.ca/en/healthy-eating-recommendations/using-food-labels/

For lesson plans on nutrition, visit:
Janis' ESL:
https://janis-esl.issbc.org/esl-links/nutrition/

Alberta Health Services:
https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nutrition-activities-classroom.pdf

BC Dairy downloadable lessons:
https://bcdairy.ca/lesson-plans/

International Women's Day (WCR3)

To learn more about the #BreakTheBias campaign, visit:
https://www.internationalwomensday.com/

Discuss with the class why it is important to create a gender equal world.

A herd of moose, not "meese"? (WCR4)

Learn why the plural of moose is not "meese":
https://www.readersdigest.ca/culture/linguistic-reason-plural-moose-isnt-meese/

Words that sound the same

Read the sentences and choose the correct word.

1. I like to eat apple _____. (Pi, pie)

2. March 14 is _____ Day. (Pi, pie)

3. My hat _____ off. (blue, blew)

4. He is wearing a _____ shirt. (blue, blew)

5. She goes to work _____ car everyday. (by, buy, bye)

6. Where can I _____ a ticket? (by, buy, bye)

7. The baby is waving to say good _____. (by, buy, bye)

8. There is a black _____ on the streets. (bare, bear)

9. The trees are _____ with no leaves. (bare, bear)

10. We found some berries _____ yesterday. (hear, here)

11. Did you _____ the loud thunder last night? (hear, here)

Questions

Ask a partner the questions below. Write the answers on the line.
Then your partner can ask you the questions.

1. What is your favorite food?   _____

2. Do you like to cook?   _____

3. Where do you like to shop for groceries?   _____

4. How often do you read nutrition labels?   _____

Groups of animals

There are many words that mean "group". Match the words on the left with an animal on the right. Look up any words you don't know. Write the new phrase on the line.

1. a herd of   fish   _____a herd of moose_____

2. a murder of   frog   _____

3. a litter of   ants   _____

4. an army of   moose   _____

5. a pride of   wolves   _____

6. a colony of   lions   _____

7. a school of   kittens   _____

8. a pack of   crows   _____

More than one

Write the singular or plural form for each word.

	Singular	Plural
1.	box	boxes
2.		cats
3.		tables
4.	moose	
5.	mail	
6.		babies
7.	puzzle	
8.	month	

Food label

1. Read "How to use the nutrition facts tables" in The *The Westcoast Reader*.

2. Copy the numbers from the Nutrition Facts table into the form below.

3. Answer the questions.

Nutrition Facts
Per 12 crackers (20 g)

Amount	% Daily Value
Calories 90	
Fat 4 g	6 %
Saturated 1 g + Trans 0 g	4 %
Cholesterol 0 mg	0 %
Sodium 160 mg	7 %
Potassium 25 mg	1 %
Carbohydrate 13 g	4 %
Fibre 0 g	0 %
Sugars 1 g	
Protein 2 g	
Vitamin A 0 % Vitamin C 0 %	
Calcium 2 % Iron 4 %	

Per _____cup (_____ml)   % Daily Value

Calories   _____   _____%

Fat   _____   _____%

Sodium   _____   _____%

Fibre   _____   _____%

Sugars   _____   _____%

1. Is Fat high or low? _____

2. Is Sodium high or low? _____