

Contents

About this workbook	iv
----------------------------	-----------

PEOPLE: Champions of Hope	
Unit 1: Terry Fox	1
Unit 2: Viola Desmond	11

RELATIONSHIPS: In the Workplace	
Unit 3: Personal Harrassment	21
Unit 4: Getting Along	31

HEALTH: Prevention	
Unit 5: Food Poisoning	41
Unit 6: Skin Cancer	51

ENVIRONMENT: Oil Spills	
Unit 7: Deepwater	61
Unit 8: The Cleanup	71

HISTORY: Fighting for Rights	
Unit 9: Workers' Rights	81
Unit 10: Father of Medicare	91

Answer Key	101
-------------------	------------



Health

Skin Cancer

Vocabulary: expose

Mini-Lesson: Fact and Opinion

Literacy Practice: Product Label

►► Discussion

Skin cancer is the most common type of cancer. Cases of skin cancer are on the rise. Do you worry about getting skin cancer? Why or why not?

Read the passage on the next two pages.
Learn why Shanti was lucky.



Skin Cancer

Shanti had a small, red patch of skin on her back. She did not pay much attention to it. But her doctor did. The doctor sent Shanti to a skin doctor. The small red patch turned out to be skin cancer.

Shanti was lucky. She had a mild form of skin cancer, and her doctor caught the cancer early. So it was easy to remove. Other skin cancers can be deadly.



© iStockphoto/Markus Schiemann

Doctor checks for skin cancer.

Stop and Think:

Has a doctor ever checked your skin for cancer?

The main cause of skin cancer is the sun's UVB rays. If you need to be in the sun for more than 15 minutes, protect your skin. Did you know the sun's rays can pass through thin, white clothing? So wear dark colours and thick materials. Wear a hat made of thick cotton or canvas. The hat should have a wide brim to shade your face and neck. The sun's rays are strongest between 10 a.m. and 4 p.m., so be extra careful during these hours.

UVB rays:
(ultraviolet rays)
rays from the sun that heat the skin; these rays can cause skin cancer

Stop and Think:

**How else can you protect your skin from the sun?
Read on. Are your ideas in the passage?**

Do you feel safe from the sun on cloudy days? Do you feel safe sitting in the shade? The sun's harmful rays pass through clouds. The sun's rays also bounce off sand, water, snow, and concrete. So be careful. The sun will still find you on cloudy days—even in the shade of a tree.

Do you use sunscreen? Some sunscreen may not be safe. Ask a pharmacist or doctor for advice.

.....

Protecting your skin is important. You should also check your skin every few months. Look for changes in your skin. Is there a bump you have not seen before? Or a flat brown spot that looks like a scar? Do you feel any crusty or scaly patches? Have any moles or freckles changed colour, shape or feel? All these changes can be signs of skin cancer.

Don't take chances. Tell your doctor about any changes you notice in your skin. And always protect your skin from the sun.

.....

►► Check the Facts

1. Find three details about the sun's UVB rays. Check the passage to find the answer.
2. What is the most important idea in the passage?
 - (a) Skin cancer can be deadly, so protect yourself.
 - (b) Stay out of the sun.

►► Discussion

1. Do you think people should protect themselves from the sun in the winter? Explain why or why not.
2. Did you protect yourself from the sun when you were young? Why or why not? Do you protect yourself now? Why or why not?
3. Babies and young children are at more risk of getting sunburn than adults. Give possible reasons why.

Mini-Lesson: Fact and Opinion

An opinion is a belief. It is a way of thinking about something.
Sometimes an opinion is hard to prove.

Facts are different from opinions. Facts can be proven. A fact is
100 percent true.

Look at each pair of sentences.

Write F beside the sentence that is a fact.

Write O beside the sentence that is an opinion.

1. _____ Everyone hates bugs.
_____ Some bugs fly.
2. _____ My birthday is in June.
_____ June is the best month.
3. _____ Apples taste great.
_____ Apples are good for you.
4. _____ My boss is very young.
_____ My boss is 32 years old.

Look at the sentences.

Tick F for the sentences that are facts.

Tick O for the sentences that are opinions.

	F	O
1. Skin cancer is the most common type of cancer.		
2. Cloudy days make everyone sad.		
3. The sun's rays are strongest between 10 a.m. and 4 p.m.		
4. People worry too much about skin cancer.		
5. The main cause of cancer is the sun's UVB rays.		

Read the paragraphs below.
Find one opinion in each paragraph.
Circle the opinion.

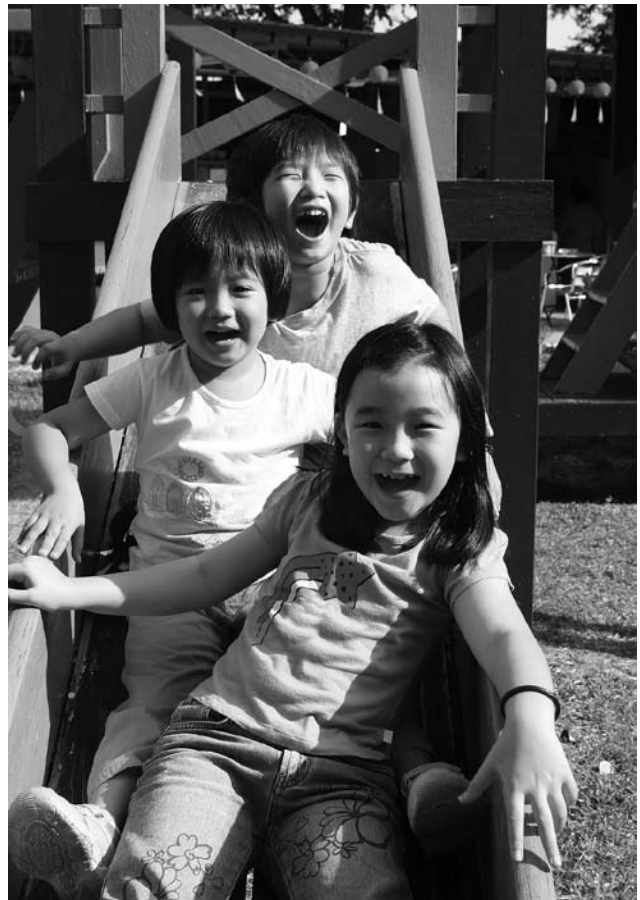
Paragraph 1:
The Risk of Skin Cancer

Anyone can get skin cancer. But people with lighter skin are at more risk. Lighter skin does not protect as well from UVB rays. People who have a lot of moles are also at more risk. So are people with a history of skin cancer in the family. I believe people at risk will get skin cancer no matter what they do.



Paragraph 2:
Children and Sunburn

Most parents do not protect their children from the sun. What should you do if a young child gets a sunburn? Cool the burned area in lukewarm water for at least 30 minutes. Put aloe vera cream on the burned area. A sunburn can cause shivers, so keep the child warm. Does the sunburn cause pain, blisters, or a rash? If yes, see a doctor.



Literacy Practice: Product Label

Most products in drugstores have labels. Labels provide a lot of information. For example, labels tell us how to use a product. They also tell us what ingredients are in a product.

Some information on labels is hard to read. Sunscreen, for example, contains chemicals. Chemicals often have long names that are hard to read.

The label on page 57 is for sunscreen.
Use the label to answer these questions:

1. Read the information under **Uses and Directions**. Is the information clear? Write two questions you might ask the pharmacist.

2. Tick the information that appears under **Warnings**:

- (a) _____ what to do if sunscreen gets in your eyes
- (b) _____ what to do if you get a sunburn
- (c) _____ what to do if sunscreen causes a rash
- (d) _____ what to do if sunscreen is swallowed

►► Discussion

3. (a) **Active Ingredients** make the product work. How can you find out if any of the active ingredients are unsafe?
- (b) Look at the **Ingredients**. Which words can you read? Underline them.
- (c) What might be one purpose of these ingredients? _____

.....

4. Is it time to buy new sunscreen? Explain why or why not.

(HINT: Look at the expiry date.)

Sunscreen Label

Uses: Protects against sunburn. Provides UVB/ UVA protection. Designed for use in water.

Directions: Apply 30 minutes before sun exposure. Reapply every 2 hours or after towel drying, swimming, or perspiring. **Children under 6 months of age:** ask a doctor

Warnings: For external use only. When using this product, keep out of eyes. Rinse with water to remove. Stop use and ask a doctor if a rash appears. **Keep out of reach of children.** If swallowed, get medical help or contact a Poison Control Centre right away.

Active Ingredients: Octinoxate 7.5%, Octisalate 5%, Oxybenzone 2.5%, Zinc Oxide 10%

Ingredients: Water, Lavender Extract, Neopentyl Glycol Diethylhexanoate, Polyglyceryl-4 Isostearate, Aloe Vera Leaf Juice, Glycerine, Pantenol, Orange Peel Extract, Cucumber Extract, Jejoba Seed Extract, Acetate, Sodium Chloride...

Expiry: 12/12/2014

Vocabulary

Read this sentence: Shanti *exposed* her back to the sun.

The activities below help you understand the word *expose*.

Follow the directions in each box.

1

expose

2

The word *expose* has many meanings. Here are three meanings of expose with example sentences:

- (a) leave something with no cover or protection

Do not **expose** your skin to the sun for more than 15 minutes.

- (b) introduce a person to something new

The teacher **exposed** the students to great works of art.

- (c) let everyone know about something that is bad or hidden

At the end of the book, the writer **exposed** the killer.

Think of a new example sentence for each meaning of expose.

Read each paragraph. Match the meaning of expose with a meaning from Box 1. Write a, b, or c on the line.

1. _____ The robber was only 14 years old. He was protected by the law. News reports could not expose his name to the public.
2. _____ The bright red curtains were exposed to the sun. After five years, the curtains faded to a dull red.
3. _____ My new friend is from Mexico. She exposed me to the music in her culture. I am now a fan of pop singers in Mexico.

Word Attack 1: Predict the Word

Finish the sentences in the paragraph.
You can use any words that make sense.

Labels on cleaning products provide a lot of
information. A label lists the _____
that are found in the product. A label has
_____ so we know how to use the product. Some labels
tell us to keep the product away from young _____.
These cleaning products might be _____.

What do you do if you can't
read a word?

Active readers think of a word
that makes sense.

Word Attack 2: Letter Patterns

Read the sentences.
Circle two words for each letter pattern.

all

1. The red spot was small.
2. I called the doctor to make an appointment.

atch

3. The doctor looked at the red patch.
4. "It is good to catch this early," she said.

eck

5. I check the skin on every part of my body.
6. I wear hats to protect my face and neck.

Active readers look for letter
patterns. A letter pattern looks
and sounds the same. Say
these words:

sound round found

These words all have the same
letter pattern.

Word Attack 3: Divide and Conquer

Read each sentence.

Circle the words that have a suffix.

The first one is an example.

1. Protecting your skin is important.
2. Check your skin every few months.
3. Look for changes in your skin.
4. Is there a spot that looks like a scar?
5. Do you feel any crusty patches?

Base Words and Suffixes

Many words have more than one part. They have a base word and a suffix. A suffix is added to the end of a base word. Look at these examples:

Base Word	Suffix
want	wanted
drink	drinking
need	needs

Read the paragraph.

Add suffixes to complete the words.

The first one is an example.

Do you feel safe from the sun on cloudy____
day____? Do you feel safe sitting under
tree____? The sun's harmful ray____ pass
through cloud____. The ray____ also bounce
off sand, water, snow, and concrete.



Read each sentence.

Find and divide the compound word.

1. Sunscreen is not always safe.
2. I don't want to get a sunburn.
3. I should buy a pair of sunglasses.

Compound Words

Compound words are made from two or more little words.

butterfly butter / fly