Immigrants and stress*

Air pollution* and noise pollution* can cause stress, too. So can watching the evening news on TV!

We actually need some stress. We gladly give ourselves stress by trying to learn new skills*, trying to win, and trying to reach goals*.

Immigrants’ difficulties

Immigrants have extra challenges* and are under extra stress. It is very difficult to move to a new country. Many immigrants have left family members and friends behind in their native country. They miss* them. It takes a long time to build new friendships and a new network* of support*.

Some immigrants are here illegally. They may feel constant* stress.

They hope Congress* will reform the immigration laws and let them stay. So far, Congress has not done that.

Living in a new place is stressful. The brain must learn the routes* to home, stores, work, and school. Bodies must adapt* to colder or warmer weather.

Money problems can cause stress. Food and rent in the U.S. are expensive. Most immigrants have to take low-paying jobs until they learn English. They may have a hard time finding a job.

Immigrants may live in crowded* neighborhoods. They may not be safe from crime*.

(continued on page 6)

Life in the U.S.A.
Shopping for groceries-part 6

Reading nutrition* facts

You need to know three things in order to make good food choices:

1. What nutrients* do you need?
2. How much of each nutrient do you need each day?
3. How much of each nutrient is in the food you buy?

Each person is different! This article will talk about what the average* person needs.

The average adult who weighs 150 pounds needs 2,000 calories* from food each day. People who are very active need more. People who are less active need fewer calories. If you eat more calories than your body can burn*, you will gain* weight.

Our bodies need five kinds of nutrients: protein*, carbohydrates*, fats, vitamins*, and minerals*. We also need water and fiber*.

Why do we need protein?

We need protein for building and repairing muscles, organs*, hair, skin, and blood.

(continued on page 10)
The month of March is Women’s History Month. It’s a time when people learn stories about women in history and women who are famous today.

Until 1970, there were not many stories about women in the history books. Before 1920, women did not have the right to vote. Earlier than that, women could not own property. They could not speak at public meetings.

Women had to struggle to get the right to vote, the right to own property, even the right to their own children after a divorce. Women were allowed to be teachers, but they could not enter most other professions.

Girls could not take classes in shop, auto repair, or woodworking at school. No one went to see girls’ sports. The best universities were for men only. Today’s history books are now filled with women’s stories.

(Read about the first woman on the U.S. Supreme Court on page 7.)

Women’s History Month

The week before Ash Wednesday is special for many Catholics. They celebrate Carnival (carnevale: good-bye meat). That’s because the period of Lent begins with 40 days of sacrifice.

Traditionally, Catholics did not eat meat during Lent.

In many cities with large French or Spanish populations, Carnival is a joyful time with parties, costumes and parades. The last day of Carnival is Mardi Gras (Fat Tuesday.)

The Mardi Gras events in New Orleans and other southern cities are famous. Many people go there to take part and enjoy the foods, parties, parades, and excitement.

Ash Wednesday

March 5 is Ash Wednesday. For Christians, this day marks the first day of Lent. Lent is a season of 40 days (not counting Sundays) before Easter.

Catholics and some other Christians go to church on Ash Wednesday. A priest makes the sign of the cross with ashes on their foreheads. During Lent, Christians work hard at becoming better persons. They sacrifice some pleasure. They eat smaller meals. They do not eat meat on Ash Wednesday and on Fridays during Lent.

March 2014

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Saint Patrick’s Day

March 17 is St. Patrick’s Day. Irish immigrants brought this joyful holiday with them when they came to America. There are more Irish people in America than in Ireland! More than 12% of Americans are of Irish descent.

The Irish and many other Americans have a lot of fun on St. Patrick’s Day. They sing Irish songs. They tell stories about leprechauns and pots of gold. They wear green clothes. They eat green cakes and cookies. They drink green beer.

Traditional foods on this day are corned beef with cabbage.

There are parades in hundreds of cities. The biggest Saint Patrick’s Day parades are in New York City and Boston.

The Irish invite everyone to be “Irish for a day.” Just wear green and have a good time!

Spring begins

The first day of spring is March 20. This is also called the vernal equinox. There are 12 hours of daylight and 12 hours of darkness on this day.

Americans will be very glad to welcome spring this year. The winter in most parts of the country has been very cold. Some places in the South usually have warm weather all year round. But this year, the cold and snow reached most of the southern states.

Income tax time

(Word Help for this article is on page 9)

Americans must pay their income taxes for 2013 by April 15, 2014. Most people file a tax return before April 15. They want to get a refund. They use a special tax return form called the “ten-forty” (1040).

Everyone who works as an employee pays taxes during the year. The employer withholds taxes from paychecks and sends that money to the Internal Revenue Service (IRS).

If the employer did not withhold enough money, the person must pay the taxes they owe by April 15.

You must report your income if you earned more than a certain amount (see page 9). There are good reasons to file an income tax return, even if you earned less than that. You may get a refund. You have to file a return to get it.

You can get your tax return forms (1040 Form) at IRS.gov. The form is in English. There is some help at their website in English, Chinese, Spanish, Vietnamese, Korean, and Russian.

An income tax return is a legal document. If you send it by mail, sign your name in ink at the bottom of the 1040 form and write the date. Mail the return to the IRS. The IRS has many addresses. Find the address for your state in the 1040 instruction book.

Watch out for tax scams

Many people use a tax preparer to help them. A tax preparer can save a person from paying too much tax. However, choose your tax preparer carefully. Your personal information is valuable. Use a tax preparer you are sure you can trust.

If you send in your tax return electronically, you will get your tax refund sooner. Your refund will be deposited electronically into your bank account.

The IRS never emails or calls taxpayers on the telephone about their taxes. If anyone does, they are not honest. Do not believe emails you get with a link to a website for help with your tax return.

Do not let someone tell you to give wrong information on your 1040 Form to get a larger return. There is a $5,000 penalty for giving false information on a tax return.

Do not take an “instant” refund from a tax preparer. This is a loan with a very high interest rate. Wait for the full amount to come to you in a few weeks.

(Read more on page 8. See a practice 1040 EZ tax return form on page 9.)
The rainbow

My first job in America was in a factory. At the time my English wasn’t good. I worked with people from many countries. My supervisor* was an American lady.

One day the supervisor told us to go outside to see the rainbow.

I thought she meant the grocery store called Rainbow Foods. I didn’t need anything from the store so I didn’t want to go. But everyone went out to see the rainbow, so I followed them.

My supervisor pointed to the sky and said, “Look at the beautiful rainbow!” I had never seen a rainbow before. I’m glad I went outside. I would have missed it.

A receptionist* told me, “Your doctor is in delivery*. Would you like to wait for her?”

I said, “Yes, I’ll wait.” I thought that if my doctor was in delivery, she was on her way to the clinic. I wondered why someone had to deliver her. Why couldn’t she drive to the clinic by herself?

An hour later the receptionist said, “Your doctor is still in delivery. It may take another hour.”

I said, “OK. I’ll wait because I really need to talk to her.” I started to get angry. I wondered why it took so long to deliver my doctor.

What kind of delivery service did they use?

I was going to complain* when my husband called. I told him what happened. He laughed and told me that delivery also means that someone is giving birth to a baby. The doctor was with a woman who was having a baby. I laughed and told the receptionist she could deliver my doctor another day.

I asked my teacher why people say that. She said it means they want God to bless you so you won’t get sick. Now I know that in New York, the people weren’t crazy. They were kind.

Homework headache

My son came home from school with his homework. We were supposed to use cards to make words. The directions said to put cards together to make up new simple words. I didn’t know if shuffling* cards meant to give cards out or mix them up.

The next step was to draw cards from the deck*. What deck? The only deck I knew was the one outside my house. Then I had two more problems. First the directions said to draw a picture out of something with the letters a, b, r, and r. Then I said to put them in the deck. I was completely lost.

The directions got more complicated*. They were: “If the player has only letter cards or word family cards, he/she has to discard* one and draw a new one.” I asked my son if he knew what letter cards and word family cards were. He didn’t know either.

More confusion came when I read, “Play continues until all the cards have been drawn.” I thought this game involved a lot of drawings! I knew something was wrong. I waited until my husband came home from work to help me.

My husband explained the homework. It was a simple game. You had to pick cards and combine* them to make new words.

Deck was the name for all the cards in a pile. Draw meant to pick from the deck. It didn’t mean to make a picture. I was frustrated* because I couldn’t help my child with simple first grade homework.

Funny and fun

I learned American history in school. I was very interested in Pearl Harbor, Hawaii. My husband was in Hawaii when he was in the Navy. I wanted to share his Navy memories. I asked if we could travel to Hawaii for his next birthday. He asked me why. I said that I wanted to visit Pearl Harbor and the other famous city Honolulu.

He laughed and kept repeating Honolulu. I didn’t know he was laughing.

Finally, he said, “Honey, it’s not Honolulu. It’s called Honolulu.”

Then I understood that my English was funny. My English wasn’t perfect but it entertained* my husband.

Special delivery

I had an appointment* with my doctor to talk to her. I asked where she was.

A new language

My youngest son was three years old when we came to the United States. He was just beginning to speak some words in Arabic. My husband and I thought that if we sent him to preschool* he would learn English faster.

At first he didn’t enjoy school because he couldn’t understand anything. After a while his teacher told me that she didn’t understand some of his stories. She brought her notes and asked me to translate* them. When I heard what she said I was shocked*. This wasn’t English. It wasn’t Arabic either! He was making up strange sounds.

We both laughed. I think at the time my son thought anything he didn’t say in Arabic would be English.

Bob Abatrou
Plymouth, Minnesota
(Jordan)

Not crazy

When I first came to New York I went for a walk with my friend. Whenever he sneezed* the people next to us said, “Bless* you.” I didn’t know what it meant. I
Idiom Corner

Illustrations by Dave Nicholson

Have you heard people use these idioms?

1. an ace* up one’s sleeve
   a fact that a person keeps hidden, until it is needed

   Boris didn’t tell his boss that his dad was a Congressman. He kept that information as an ace up his sleeve.

   Willy understood English but he didn’t let anyone know. This was an ace up his sleeve.

2. a nest egg
   money saved for a secure* future

   Jan saved his money carefully. He wanted to build a nest egg to buy a house after he got married.

   You can build a nice little nest egg for your old age, if you just save a few dollars every week.

3. to be right on target*
   to be exactly correct about something

   Dan’s idea for the group’s project was right on target.

   Ho’s answer to the question was right on target.

4. a black sheep
   a person who has done things the family may be ashamed of

   Jessica was the black sheep of the family. She ran away to join a circus.

   My Uncle George was the black sheep of the family. He was often in trouble with the police.

Crossword Puzzle

Across
1. To say “I’m sorry.”
2. Use your brains to solve your ______.
3. A car needs gas and ______.
4. Boy, in England
5. A person good at sports is an ______.
6. One right of Americans is to have a ____ by jury.
7. Letters at the end of some plural nouns
8. Letters at the end of some plural nouns
9. United States of ______
10. Palm Sunday is one ____ before Easter.
11. One right of Americans is to have a ____ by jury.
12. Extra; ____ tire
13. Political Action Committee (abbreviation)
14. Keep; contain; have in one’s hand
15. It is (contraction)
16. Señor or Sister (abbreviation)
17. About; regarding (short form)
18. Pound (abbreviation)
19. United States of _____
20. Largest state in the U.S.
21. Part of the arm that bends
22. Rip
23. Different from others; unique; extra; wonderful
24. Louisiana (abbreviation)
25. Rip
26. Utah (abbreviation)
27. Opposite of begin
28. Registered Nurse (abbreviation)
29. Poet: ____ Dickinson
30. Ninth month (abbreviation)
31. Registered Nurse (abbreviation)
32. Past tense of stain
33. Very clean; 100% of something: My ring is ____ gold.
34. “Life has its ____ (high points) and downs (low points).”
35. All right; yes; I agree.
36. “Life has its ____ (high points) and downs (low points).”
37. Northeast (abbreviation)
38. Beginning of a business letter: ____ Mr. Brown:
39. Make a mistake
40. One thing, in a store or on a list
41. Ocean
42. Thomas Edwards’ initials
43. A family pet
44. Short name for Stuart
45. Near; very close to
46. Thomas Edwards’ initials
47. Past form of stand
48. The ______ of Liberty
49. Opposite of ____
50. The number after three
51. After noon (abbreviation for post meridian)

Down
1. What’s your problem?
2. To fix a hole in a garment with a needle and thread
3. Make a mistake
4. A car needs gas and ______.
5. To explain what someone is saying in another language
6. An expression of disappointment
7. South America (abbreviation)
8. Make a mistake
10. Political Action Committee (abbreviation)
11. I am (contraction)
12. Señor or Sister (abbreviation)
13. An expression of disappointment
14. Largest state in the U.S.
15. City in Florida: Disney World is here.
16. Dark beer
17. Opposite of begin
18. Give the right of way to another car
19. Very clean; 100% of something: My ring is ___ gold.
20. “Life has its ____ (high points) and downs (low points).”
21. Extra; ____ tire
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Answers are on page 11.
Immigrants and Stress

(continued from page 1)

Culture shock*

Each day there are worries about new things: How do we use the stove? The washing machine? A public telephone? What do we do when the toilet runs over? How will the children learn in an American school? How do we get a driver’s license? Are our documents* OK? Will any of our friends or someone in our family be deported*? What should we do or say? What should we wear?

Some uneducated Americans may show prejudice* against immigrants. They may have negative feelings about the looks, dress, race, religion, or language of immigrants.

An immigrant has to face new information and new situations* every day. It is hard to know if he or she is making a mistake in manners. Some of the manners of Americans may seem rude*.

Language shock

It is difficult to learn English. It can take many years. Without English, immigrants can feel unconnected* to their new neighbors and new society*. Misunderstandings* happen every day, and cause a lot of problems. “Excuse me—can you say that again, please?”

Children and stress

Immigrant children often have a difficult time in school. They may feel frustrated* because they can’t understand the lessons. They may feel lonely because they can’t make friends. School work may take them many hours each evening. Parents cannot help with homework or explain school rules to them. The children feel ashamed* when they get bad report cards.

Dangers

There are dangers in American society. Children must learn not to talk to strangers. They must learn to “say ‘NO’ to drugs.” Parents cannot easily advise* their children. The parents do not know what to expect, either.

Children may learn English more quickly than their parents. They may learn new habits and behaviors from TV or classmates. They may choose values* that are different from their parents’ values. This can cause disagreements* between parents and children.

Too much stress

Too much stress can be like a slow poison* for our bodies. Stress can cause headache, backache, anxiety*, overeating, upset stomachs, sleepless nights, tiredness, sadness, and irritability*. Stress can cause high blood pressure and heart palpitations*. It can lower a person’s ability* to fight illness.

Stages* of adjustment*

Newcomers may go through different stages of adjustment to their new life. At first it may seem wonderful to be in the United States. For some people, it is a dream come true.

Then the stress starts to add up. There are too many problems to handle. Learning English seems impossible. The whole family is always tired.

Then there may be a period of depression*. The newcomers may think it was a mistake to come to the U.S.

After some years, life starts to look better. The rewards* for hard work start to come in. The immigrants become more comfortable. They can speak English. They feel that they are a part of America.

Managing stress

We cannot make stressful situations go away. But we can learn to manage ourselves better so stress does not hurt us.

- Take care of your body. Eat healthful foods. Avoid* American junk foods* with too much sugar, salt, and fat. Avoid caffeine* and alcohol.

- Get some exercise each day, or at least three days a week.

- Get enough sleep. You will need more sleep the first months of living in a new place. Go to bed at a regular time.

- Improve your English. Good communication skills* will reduce* your stress.

- Join a church, temple, club, or other support* group.

- Decide which things in life are most important to you. Make time to take care of these top priorities*: health, family, job, home, education.

● When you have a problem, don’t keep it inside yourself. Talk about it with a family member or a friend you can trust*.

● Be extra patient* with your family. Show your love.

● Don’t push yourself past your limits* all the time.

● Remember that basic* human needs* are really very simple. We need simple food; shelter* from rain and cold; something to wear; freedom from danger; work; love; and a chance to learn.

● Don’t compare* your life with the lives of rich people. Compare your life to the lives of people hundreds of years ago. They had no electric lights, no stoves, no machines, no TV, no refrigerators, no pipes with running water, no bathrooms. That way, you can see how lucky and rich you are.

● Talk to your family about goals* for the future. What do you plan to do next year? In five years? In ten? Keep a bright picture in your mind. This will help you get through many difficult days.

● Write down all the things you have accomplished*. This will help you see how far you have come.

● Make time to have some fun and relax*. Bring beauty into your home with art and music. Sing, dance, tell jokes, laugh.

● Feed your spirit. Meditate* or pray. Read books that inspire* you. Go for walks in the park or the woods. Remember that the moon, the sun, and the stars belong to everyone. Take time to smell the flowers.

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● Show your love.
Heroes and History
Sandra Day O’Connor, 
First woman on the Supreme Court

“We don’t hire women attorneys”

Sandra Day was born in El Paso, Texas, on March 26, 1930. She grew up on her family’s cattle ranch in Arizona. She learned to shoot guns and ride horses before she was eight years old.

She married John Jay O’Connor in 1952. That year she graduated from Stanford Law School with high honors. Nevertheless, she had trouble getting a job as an attorney. The men in her law classes got high-paying jobs with large companies. Sandra Day O’Connor applied to more than 40 law firms. Not one of them would interview her. They didn’t hire women attorneys.

“I’ll work without pay”

Finally, she offered to work for no salary. That got her a job as a deputy county attorney in San Mateo, California. She learned how hard it was for a woman to get a professional job. This experience made her go into politics. She wanted to help change things.

O’Connor served in the Arizona State Senate from 1969-1975. She became the first woman to serve as its Majority Leader. In 1975 she was elected to the Maricopa County Superior Court. In 1979 she was a judge on the Arizona Court of Appeals. She served on the Court of Appeals until 1981.

A phone call from the president

That year, she got a call from President Ronald Reagan. He wanted to appoint her to the U.S. Supreme Court. She was shocked.

No woman had ever been on the Supreme Court. She would be the first! The U.S. Senate approved the appointment on September 21, 1981.

25 years on the Court

O’Connor served as a justice on the Supreme Court for 25 years. At first her decisions were on the conservative side. Later she became more moderate. She was a “swing vote” on abortion as well as other difficult cases.

Not everyone agreed with her opinions, but she was well-respected. Everyone did agree that she was hard working, honest, and fair.

Sandra Day O’Connor retired from the Supreme Court in 2006 to take care of her husband. He had Alzheimer’s disease. Her husband passed away in 2009.

A new mission: civics education

Now O’Connor has a new mission. “Americans don’t know enough about civics,” she said. “They can’t be good citizens if they don’t know how the government works. Learning about citizenship is just as important for American children as learning multiplication or how to write their names.... Every young person needs to learn how our government works at the national level, at the state level, and at the local level. They need to know how they can be part of it.”

O’Connor founded iCivics.org, in 2006. The iCivics website uses games to make learning about government more interesting. It’s completely free for teachers and students. Her website, iCivics.org, works with the Boys & Girls Clubs. Together, they are able to reach a large number of young people across the country.

O’Connor says, “Liberty depends on citizens who understand the meaning of our Constitution and its guarantees. This understanding will keep liberty in their hearts.”

O’Connor has won many awards. In 2009, President Barack Obama gave her the Presidential Medal of Freedom. Arizona State University named its law school after her. The federal courthouse in Phoenix, Arizona is named in her honor.

The National Cowgirl Museum and Hall of Fame in Fort Worth, Texas has an exhibit about her: “The Cowgirl Who Became a Justice.”
The W-2 Form

Did you get a W-2 Form* from an employer? You’ll need it when you file your income tax return*. The W-2 Form tells how much money you earned with an employer* last year (See Box 1). It tells how much money your employer withheld* for federal tax, Social Security* tax, Medicare* tax and State Income tax. (See boxes 2, 4, 6, and 17.)

Look at your W-2 carefully. Is your name spelled correctly? Is your address correct? Is your Social Security Number correct? Are your wages* correct? If there are any errors, tell your employer to send an amended* W-2 form to you and to the IRS.

Practice filling out* a simple income tax return, on the Form 1040 EZ on page 9. Use the information from this W-2 for Nathan Niceman below. The Word Help for this page is on page 9, too.

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Ask a Speech Coach

by Gene Zerna

The sounds /sh/ and /zh/

It takes an extra effort to make the /zh/ sound so it is different from the /sh/ sound.

The /sh/ is a sound like a far-away wind. Listen to a native-English speaker, and watch his or her mouth. Gently press your teeth together. Push air out quietly. There is no vibration* of the vocal cords*. Hold the /sh/ sound in the following words the first time you say them. Then repeat the words at normal speed.

Here are /sh/ words in sentences. Hold the /sh/ for a longer time as you say them. Then repeat the sentences at normal speed.

She shall shampoo her hair in the shower.

I have to wash my shirt.
The fish is fresh.
I brushed my shoes.
The motion of the ocean makes me feel sick.
Patricia gave me a dish of mushrooms.

For the /zh/ sound, make the /zh/ sound but add vibration of the vocal cords. Feel the strong vibrations against your teeth and the tip of your tongue. If you don’t feel your teeth vibrating, you are not making a good /zh/ sound.

Feel the /zh/ vibrations as you say these words. Sustain the /zh/ sound the first time. Feel a strong vibration for the /zh/. Then read the words again at normal speed:

Asia
Persia
measure
treasure
pleasure*
usual
confusion
casual
division
decision
vision
television
explosion
collision*
garage
massage*
redouge*

Try these sentences:

I do my usual exercises in the garage every day.
There was an explosion after the collision.
I do my usual exercises in the garage every day.

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I do my usual exercises in the garage every day.
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Who must pay income taxes?

A single person under age 65 who earned more than $10,000 or more in 2013 must report his or her income to the government. This is called filing an income tax return. Married couples under 65 who earned $20,000 or more must file. Married couples over 65 earned $22,400 or more must file.

The income tax return is on a Form 1040. There are three kinds. The simplest one is the 1040 EZ. It has just one page. Taxpayers can use the one-page EZ form if they:

- are under age 65,
- have taxable income under $100,000,
- have no dependents, and no adjustments to income (such as contributions to an IRA or a 401K),
- have income only from wages, salaries, tips, scholarships, or unemployment compensation,
- earned less than $1,500 of taxable interest.

Other taxpayers will need to use Form 1040 or 1040 A. They have more dependents or expenses.

### WORD HELP for Income tax articles and forms

1040 EZ noun. A one-page document for completing an income tax return.

401K noun. A retirement savings plan.

amend adjective. Changed. An applicable box noun phrase. A box to mark in order to correct a wrong answer.

attach verb. To send something in an email, or submit it electronically. Use the Internet to send information.

employee noun. A person who works, following instructions of an employer.

enclose verb. Put into an envelope. A federal income tax (filing) return form.

fill out verb phrase. To write information on a document.

Schedule A noun phrase. A savings account for retirement.

Schedule B noun phrase. A business company.

Schedule C noun phrase. A gift for doing something.

Schedule D noun phrase. A government health insurance program for workers over 65.

Schedule E-F, or Form 1040 above.

Schedule F noun phrase. A savings account for retirement.

Wages noun phrase. Money that a person receives for working, for rent, interest, a pension, lottery, etc.

Wages noun phrase. Money that a person receives for working, for rent, interest, a pension, lottery, etc.

withhold verb. To keep money from a person’s pay and send it to the government for taxes.
Reading nutrition facts

(continued from page 1)

**How much protein do we need?**

It depends on your age, sex, weight, and state of health. Some doctors say that a person who weighs 150 pounds should get at least 55 grams of protein each day.

**Where do we get protein?**

We get protein from eggs, milk, cheese, and yogurt. We get some protein from grains and vegetables, too.

**Why do we need fat? How much do we need?**

Fat is important in our diet for our brains and nervous system. There are “good fats” and “bad fats.” Transfat that is in partially hydrogenated oil is not healthy. Fats such as olive oil, peanut oil, flax seed oil, and omega 3 fats are OK. Some experts say “30% of our day’s calories should come from fat.” This is between 30 and 100 grams of fat.

**What foods have carbohydrates?**

Carbohydrates give us energy to move our muscles. Good carbohydrates are in vegetables, fruits, and whole grains. There are carbohydrates in sugar, white bread, cookies, candy, and desserts, too. However, these sugary foods are called “empty-calorie” foods. They do not have many useful nutrients in them.

**Why do we need calcium?**

Calcium is an important mineral. This builds bones and teeth, and helps our nervous system. We need different amounts of calcium at different ages. This can be from 1,000 to 1,500 milligrams per day. We can get calcium from green leafy vegetables, broccoli, fruit, salmon, beans, tofu, milk, cheese, and yogurt.

Do we need sodium?

Sodium is a mineral in salt. We should not have too much sodium. Some experts say we should have no more than 1,500 to 2,400 milligrams (mg) per day.

**What is fiber?**

Fiber is not a nutrient. It comes from the part of vegetables, fruit, beans, and whole grains that are not digested. Fiber helps our digestive tract move food so it doesn’t stay inside us too long. We need about 28 grams of fiber in our food each day.

**Vitamins**

Our bodies need vitamins for optimum health. The government has set a recommended daily allowance of vitamins. Some doctors recommend larger amounts of vitamins to help the body heal from disease.

We can get some of our vitamins from a well-balanced diet of fresh foods. Many people take vitamin supplements to be sure they get enough.

Many colors on your plate help you balance your meals. Vegetables should be 3/4 of the plate. A protein source should be 1/4 of your plate. Bigstockphoto.com

(continued on page 11)
Comparing the nutrients in two kinds of food: carrots and hamburger.

1. What are five nutrients the body needs? 
2. Why do we need calcium? 
3. What foods have a large amount of protein? 
4. How many calories does an 150-pound person need? 
5. What are some good sources of iron?

### Nutrition Facts

#### Carrots, cooked:
- Serving Size: 1 cup (242g)
- Calories: 52
- Calories from Fat: 3

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<th>Nutrition</th>
<th>Amount Per Serving*</th>
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<tr>
<td>Total Fat</td>
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<tr>
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<tr>
<td>Sugars</td>
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<tr>
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<tr>
<td>Vitamin A</td>
<td>430%</td>
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<td>Vitamin C</td>
<td>13%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>2%</td>
</tr>
</tbody>
</table>

#### Hamburger, cooked:
- Serving Size: 3 ounces
- Calories: 232
- Calories from Fat: 15%

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<tr>
<td>Saturated Fat</td>
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<td>Monounsaturated fat</td>
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<td>Potassium</td>
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<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
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<tr>
<td>Sugars</td>
<td>0 g</td>
</tr>
<tr>
<td>Protein</td>
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</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>11%</td>
</tr>
</tbody>
</table>

### Events in March

1. Explain what this means: “March comes in like a lion and goes out like a lamb.”
2. What is the purpose of Women’s History Month?
3. On what day do Americans turn their clocks ahead?
4. What is the purpose of Daylight Saving Time?
5. Is there changing of the season?
6. Who was Saint Patrick? Who celebrates St. Patrick’s Day?
7. What is a legend?
8. What are some legends about St. Patrick?
9. Does your country have a special saint or hero? Who is it? What are some legends about that person?
10. When is the first day of spring? What are some signs of spring in your area?
11. When does spring come in your home country? Do you have any special traditions for the first day of spring? Tell about them.
12. What is the purpose of “Read Across America Day?”
13. Why is it important to read? What books have you read recently?
14. By when must people in the U.S. file an income tax return?
15. How does a person get a refund if too much tax was withheld from his or her paycheck?
16. How do people pay taxes in your home country?
17. What are some good reasons for paying taxes?
18. Tell the meaning of these words: profession, property, struggle, skills, Lent, forehead, legend, leprechaun, saint, shamrock, convert, gentle.

### This is your page (4)

1. Have you seen a rainbow?
2. What makes a rainbow?
3. What does “Bless you” mean? What do people say when someone sneezes?
4. Have you lived with a small child who was learning language? Tell about it.
5. What games have you played while learning vocabulary or learning to read?
6. Tell the meaning of these words: attorney, receptionist, deliver, compassionate, deck, discard, frustrated, sneeze, bless you.

### Reading nutrition facts

1. What are five nutrients the body needs? 
2. How much protein does a 150-pound person need? 
3. What are some good sources of calcium? 
4. Why do we need carbohydrates? What are some sources of good carbohydrates? 
5. What are “empty-calorie foods?”

### Answers to Crossword Puzzle

1. What is O’Connor’s “new mission”? 
2. What is civics? Why is it important to learn about it? 
3. How do students learn about civics in your home country? 
4. Tell the meaning of these words: attorney, receptionist, deliver, compassionate, deck, discard, frustrated, sneeze, bless you.

### Filing a tax return

1. Who must file a tax return?
2. Why would anyone else want to file a tax return?
3. How does a person report his or her income?
4. Who can use the tax return Form 1040 EZ?
5. What is a schedule?
6. Tell the meaning of these words: file, report, withhold, IRS, owe, claim, dependent, deduction, instant, IRA, occupation, refund, scam, valuable, tax preparer, interest, penalty, signature.
ability noun. Power, skill.
abortion noun. The ending of a pregnancy by a doctor.
accomplish verb. Achieve a goal; reach a new level.
account noun. A state of fear that bad things will happen.
account verb. To suggest the way to do something.
Alzheimer’s disease noun phrase. Serious loss of memory.
avoid verb. To stay away from.
award noun. An uncovered wooden porch.
award verb. To give a person something more valuable.
balance noun. To give a person to a job.
award noun. 1. A date to a job.
award noun. 2. An uncovered wooden porch.
award verb. To notice the good things someone does.
award noun. A person to a job.
award noun. A good thing that someone has.
award verb. To give someone something of great value.
award noun. The top part of the head.
award noun. The best.
award verb. To get something of great value.
award noun. A great surprise or shock.
award noun. An uncovered wooden porch.
awful adjective. Not good; something that is very bad.
awful noun. A person is awful.
awful verb. To do something bad.
awful adjective. The top part of the head.
awful noun. A bad thing that is very bad.
awful verb. To make something awful.
awful adjective. Terrible, very bad.
awful noun. A person.
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