

Name: _____

Day 2

Achoo!

by Cynthia Sherwood

Achoo! We all sneeze sometimes. Sneezing is a reflex that your body does automatically. That means you cannot make yourself sneeze or stop one once it has started. When you sneeze, your body is trying to get rid of bad things in your nose, such as bacteria. You have extra germs when you have a cold, so you sneeze a lot more. You might also sneeze when you smell pepper!



Inside your nose, there are hundreds of tiny hairs. These hairs filter the air you breathe. Sometimes dust and pollen find their way through these hairs and bother your nasal passages. The nerves in the lining of your nose tell your brain that something is invading your body.

Your brain, lungs, nose, mouth, and the muscles of your upper body work together to blow away the invaders with a sneeze. When you sneeze, germs from your nose get blown into the air. Using a tissue or "sneezing into your sleeve" captures most of these germs. It is very important to wash your hands after you sneeze into them, especially during cold and flu season.

Do you ever sneeze when you walk into bright sunlight? About 25% of people experience this phenomenon. Scientists believe that the brain gets confused when signals from the optic nerve trigger the sneezing reflex in direct sunlight. This usually runs in families.

If someone nearby sneezes, remember to tell them "Gesundheit!" That is a funny-looking word which is pronounced "gezz-oont-hite." It is the German word that wishes someone good health after sneezing.

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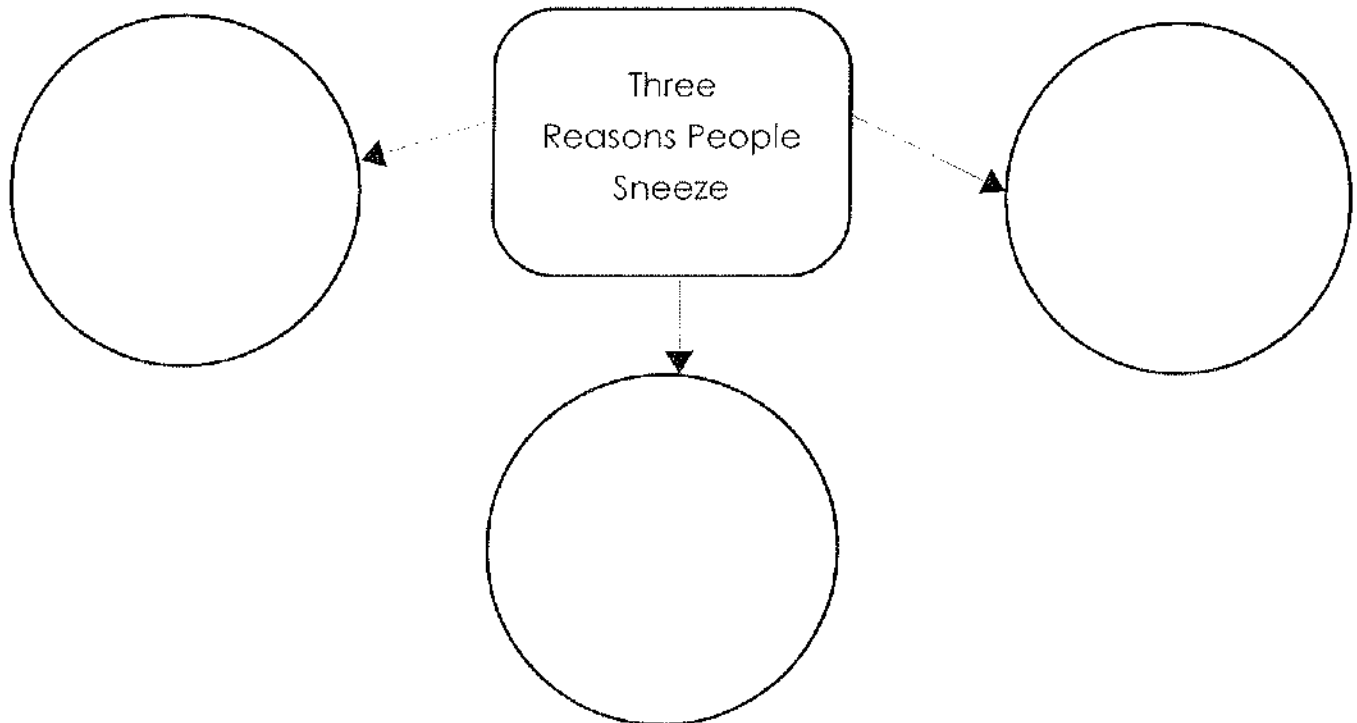
1. Which parts of your body work together when you sneeze?

2. What does the German word *gesundheit* mean?

- a. I wish you good health.
- b. I wish you God's blessings.
- c. I wish you a good day.
- d. I wish you would stop sneezing.

3. Why do some people sneeze when they walk into bright sunlight?

4. Complete the web with information from the article.



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Match each vocabulary word from the reading passage with the correct definition.

- | | |
|------------------------|--|
| _____ 1. filter | a. done unconsciously or spontaneously |
| _____ 2. invaders | b. relating to the nose |
| _____ 3. phenomenon | c. a nerve that sense messages between the eye and the brain |
| _____ 4. automatically | d. prevent unwanted material or debris from passing through |
| _____ 5. pollen | e. cause something to happen |
| _____ 6. optic nerve | f. an action that occurs as a response to a stimulus or outside influence |
| _____ 7. trigger | g. unwanted or harmful things that come into a place where they don't belong |
| _____ 8. nasal | h. unsure of how to respond |
| _____ 9. reflex | i. a powdery substance from a flower that can cause some people to sneeze |
| _____ 10. confused | j. an event or occurrence |

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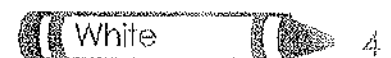
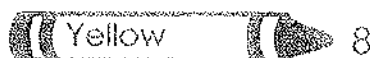
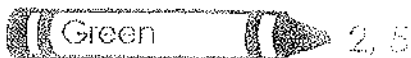
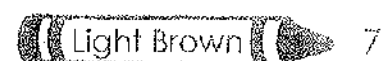
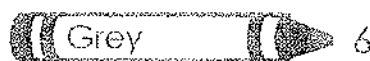
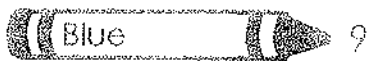


In the article, "Achoo!" by Cindy Sherwood, you learned that a sneeze is an automatic reflex in the body that you cannot stop once it has started. You also learned that even though you cannot stop a sneeze, you can help stop the germs that may be exiting your nasal passages to stop from spreading to other people.

On the lines below, discuss some ways that you can prevent the spread of germs when you sneeze. Use the information from the article as well as your own knowledge to answer the question.

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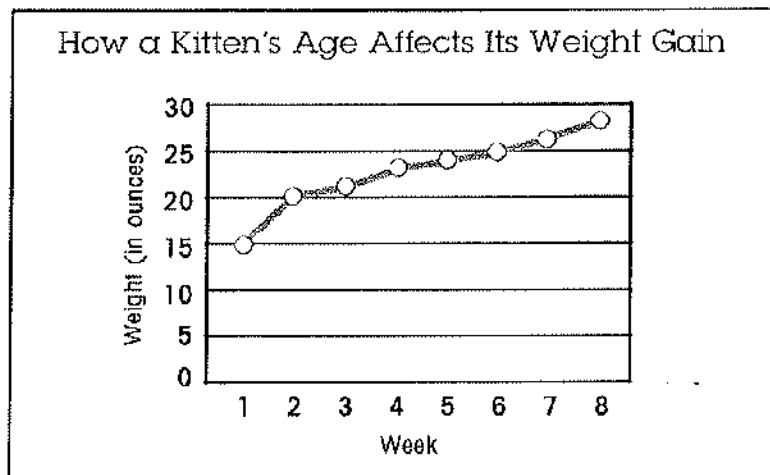
Write the answer to each division problem. Then color according to the key at the bottom.



Kitten Craze

Name: _____ Date: _____

Suppose you just got a new kitten. For your science-fair project, you've decided to track your kitten's weight to see if it gains weight more quickly when it is younger than it does when it is older. Under your parents' supervision, you give your kitten the same amount of food and water each day. Every Saturday morning for eight weeks, you weigh your kitten. Below is a line graph of your results. Use the graph to answer the questions that follow.



Questions:

1. What was your *independent variable*, or the detail that you changed on purpose?

2. What was your *dependent variable*, or the variable that changed in response to a change in the independent variable?

3. What did you keep *constant* throughout your experiment?

4. Between which two weeks did your kitten gain the most weight?

5. Based on the data shown on the line graph, what conclusions can you make?
