



Deseret News

# CONNECT 123

Your Family • Community • World

My name: \_\_\_\_\_



## WOODWORD'S CORNER

### Dear Readers,

This month, Connect123 is all about being healthy!

In this issue you will read about what's in the foods you buy at the store by reading a Nutrition Facts label. Amaze your parents when you pick up a food product and start reading off how much sugar or fat is in the food. Or, make it a guessing game. Ask them how much sugar, fat or salt they think is in the food — then check the answer on the label.

This issue also talks about the importance of a good night's sleep and washing your hands. Check out The Scrub Squad Song, sung to the tune of Old MacDonald. It's a fun and easy way to make sure you wash your hands for at least 20 seconds to help fight off illness.

Did you know that at one time people wanted the turkey to be America's National Bird? And once you have read and learn about that big question, enjoy the Thanksgiving Mystery!

The Thanksgiving holiday is when I think about the things for which I am most grateful. I am thankful for all of you wonderful Connect123 readers. Have a very Happy Thanksgiving!

Woodword



Which color leaf appears most on this page: red, yellow, orange or brown? Make a graph to show your answer!

# VETERANS DAY

**F**rom the mid-1950s through 1975, nearly 3 million Americans served in the Vietnam War. The Vietnam Veterans Memorial in Washington, D.C. permanently displays the names of the 58,195 men and women who gave their \_\_\_\_\_ in service to our country.

Sometimes called “The Wall,” the Vietnam Veterans Memorial is a very \_\_\_\_\_ monument. It is a place for friends, family members and people from around the country and the world to \_\_\_\_\_ to remember the sacrifice of those who died.

Many visitors use paper and a \_\_\_\_\_ or chalk to make rubbings of some of the names as a keepsake and reminder of their \_\_\_\_\_ to the memorial.

Replace these words missing from the article.

GATHER VISIT LIVES THINKING PENCIL POWERFUL



Photo by Hu Tong

The Memorial was designed by a Yale University student named Maya Ying Lin.

## See ‘The Wall’

Can’t travel to Washington, D.C. to see the wall? There is a traveling replica of The Wall that visits cities across America throughout the year. You can see the schedule at [www.vvmf.org](http://www.vvmf.org) to find out

where it can be seen.

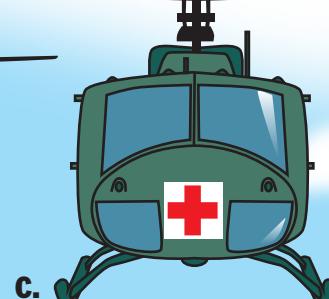
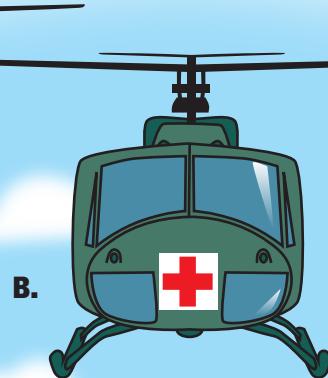
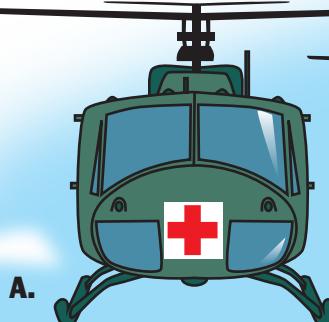
The replica is 80% the size of the actual Vietnam Veterans Memorial, but it includes every one of the names.

Families can make rubbings of the names or spend time \_\_\_\_\_ about those who served in Vietnam and other wars.



Photo courtesy VFW Post 1943

**Standards link:** Civics: Students know how Veterans Day reflects the shared values, principles and beliefs of Americans.



Circle the two identical Huey helicopters.



# Ways to earn money!



Are you looking for some ways to earn some extra money? Here are some kid-tested jobs that have worked! Be sure you discuss your ideas and get approval from your parents before getting started.

## Let's wrap it up

**Service:** Wrap gifts

**Suggested age:** Kids 10 years and older

**Suggested pricing:** \$1.00 per package

**Tips on getting started:** Make flyers to pass out to your neighbors and friends. Ask your parents to share it with their friends and co-workers, too.

**Tips for success:**

Find the two identical packages.



Draw a line from each word to the dog picture that best matches that emotion.

**Tips on getting started:** Start with small dogs for a short amount of time.

**Tips for success:** Make and hand out business cards or put up flyers.

Treat the dogs with kindness and respect.

Ask the owner for some of the dog's favorite treats.

Obey all pedestrian laws on using sidewalks.

Bring bags to pick up any dog droppings.

Have fun!



## Mind your money

Hold this page up to a mirror to read this helpful quote about money.

Whatever you have  
spend less.

—SAMUEL JOHNSON  
(1709-1785)

Discuss the quote above with your parents.  
Explain what you think it means.

## Doggone fun work

**Service:** Walk dogs

**Suggested age:** Kids 8 years and older

**Suggested pricing:** \$2.00 for a 30 minute walk

**Unexpected**

When Maya Ying Lin's design for the Vietnam Veterans Memorial was first selected, some people were upset by the unusual monument.

People were used to seeing statues of men on horseback and other powerful tributes to military heroes. Maya Ying Lin's design was unlike any other monument and not at all what people expected.

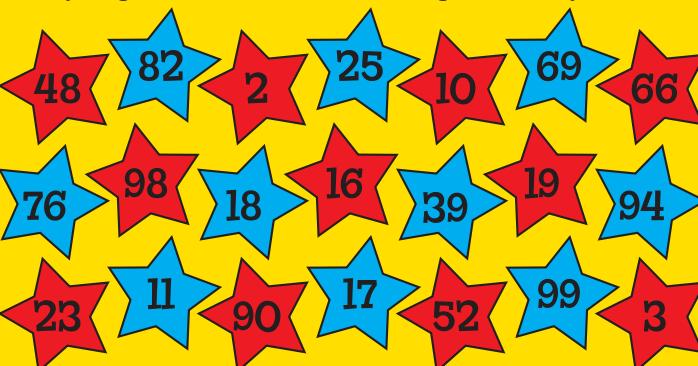
**Let's Talk**

Ask a parent about a time they changed their opinion about something.

But over time, The Wall has become one of the most powerful and beloved tributes in America, visited by over three million people each year.

**Puzzler**

Can you pick three stars that add up to exactly 100?



HINT: There is more than one answer.

Standards link: Number sense: Calculate sums to 100.

Please send ideas, suggestions or information to: nie@deseretnews.com

If you would like to receive FREE copies of Connect 1•2•3 for your classroom, order on the Web at deseretnews.com/nie.

Connect 1•2•3 is a FREE monthly educational section available only to schools through the Deseret News.

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# Kid Scoop ACTIVITY CALENDAR NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Check the box on each day when you have completed 20 minutes of reading. Children who develop a love of reading will become better students and build a better future.</p>				<p>8 Take up the National Young Readers Week challenge and read your heart out all day long.</p>	<p>9 The Library of Congress has a site dedicated to Native American Heritage Month with exhibits and links. Check it out at nativeamericanheritagemonth.gov</p>	<p>10 Use this day to write to a friend or relative that you have not seen in a while.</p> <p><b>Forget-me-not Day</b></p> <p>*Veterans Day*</p>
<p>12 Collect toys that you and your friends have outgrown and donate them to a homeless shelter.</p>	<p>13 Do something or say something kind to a friend or neighbor today.</p> <p><b>World Kindness Day</b></p>	<p>14 The chrysanthemum is the November flower of the month. Draw one to decorate your classroom.</p>	<p>15 Check on which items you are allowed to recycle and participate in your community.</p> <p><b>America Recycles Day</b></p>	<p>16 Have a family story night. Turn off the TV and ask your mom or dad to tell you a story about their childhood.</p>	<p>17 Clean out your backpack. Get rid of old pens that don't work and make sure everything is organized and ready to go.</p>	<p>18 Look at a map of the world. Can you show the location of Mount Everest?</p> <p><b>National Geography Awareness Week</b></p>
<p>19 <b>FAMILY MOVIE NIGHT</b> Pop some popcorn and enjoy a movie at home.</p>	<p>20 On this day, Mexico celebrates the anniversary of the revolution.</p> <p><b>Viva Mexico!</b></p>	<p>21 <b>Hello!</b></p> <p>To promote world peace, say "Hello" to at least ten people today.</p> <p><b>World Hello Day</b></p>	<p>22 Make a list of all the things you are thankful for to share with family and friends on Thanksgiving.</p>	<p>23 Watch the parade on TV, feast on turkey and tell everyone in your family how much you appreciate them.</p> <p><b>Thanksgiving</b></p>	<p>24 Today is the biggest shopping day of the year. Look in the paper for bargains; compare prices at different stores.</p> <p><b>Black Friday</b></p>	<p>25 Make a <i>Book of Thanks</i>. Include entries for all the people and things you are thankful for.</p>
<p>26 Which Charlie Brown character are you most like? Explain why.</p>	<p>27 Which design makes the best paper airplane. Have a contest today to see whose paper airplane goes the furthest.</p>	<p>28 The Christmas season will soon be here. Visit <a href="http://toysfortots.org">toysfortots.org</a> to see how you can help a child in need.</p>	<p>29 On this day in 1922, King Tut's tomb was first opened. Write a short paragraph describing the scene as if you were there.</p>	<p>30 Write a list of predictions of what you think might happen to you in the month of December.</p>	<p>How many leaves can you find on this page in 60 seconds? Now have a friend try. Who found more?</p>	

**Learning buddy sign here**

I have completed \_\_\_\_\_ activities with my Learning buddy.

Learning buddy's signature

**ANSWERS**

Matching:  
A & E  
B & F  
C & K  
D & J  
E & I  
F & H  
G & L  
H & M  
I & N  
J & O  
K & P  
L & Q  
M & R  
N & S  
O & T  
P & U  
Q & V  
R & W  
S & X  
T & Y  
U & Z  
  
Let's wrap it up:



Deseret News

CONNECT 123

Your Family • Community • World

My name: \_\_\_\_\_

HEALTH



Remember the last time you had a cold or the flu?

It was pretty miserable. You sneezed, coughed and had no energy. But there's an easy way to avoid all that: Just join Connect123's SCRUB SQUAD.

Doctors around the world agree that one of the best ways to avoid getting sick and spreading germs is to wash your hands.

**HOW TO JOIN:** You join automatically every time you wash your hands!

**Standards link:** Health: Know basic personal hygiene habits required to maintain health.



**HAND SANITIZER vs. SOAP & WATER**

Using hand sanitizer shouldn't be a \_\_\_\_\_ for washing your hands with soap and \_\_\_\_\_. While sanitizer does kill \_\_\_\_\_, it doesn't do a very good job of getting rid of \_\_\_\_\_ dirt. Think of hand sanitizer as just a little "touch-up" \_\_\_\_\_ hand washings with good ol' soap and water.

**Fill in the missing words.**

WATER

GERMS

BETWEEN

REPLACEMENT

VISIBLE

## THE SCRUB SQUAD 5 STEP PLAN

**1** Rub your hands together under warm running water. Make sure to get wet up to your wrists.

**2** Use a generous amount of soap. Liquid soap, powdered soap or bar soap are all great.



**SCRUB:** Get the palms, back of your hands, wrists, under your nails and between your fingers for at least 20 seconds.



**RINSE:** Rinse your hands to get rid of the soap (and dirt and germs).

**AIR DRY:** Air dry your hands or use a clean towel, either cloth or paper.

Experts say that washing your hands for at least **20 seconds** is the best way to make sure you remove germs and gunk. Memorize and sing this song while you scrub to help you wash long enough.

## Making hand washing fun

With the cold and flu season here, it is very important to talk about why washing your hands matters. But you probably think that it's BORING. To make it more fun, learn the **Scrub**



**Squad Sing-a-Long Song** on the right side of this page.

**SUDSY STUDY:** A comprehensive study by the University of Oregon revealed that ordinary bar soap is just as effective as antibacterial soaps in helping reduce instances of illness.

### Word search

SANITIZER  
BATHROOM  
COUGHING  
MEMORIZIZE  
BUBBLES  
SQUAD  
ELBOW  
SCRUB  
DIRTY  
AVOID  
GERMS  
TOWEL  
PALMS  
NOSE  
SOAP

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

S	T	H	G	P	A	O	S	D	B
M	O	S	N	A	E	L	C	A	U
R	W	C	I	L	A	N	T	U	B
E	E	R	H	M	Y	H	O	Q	B
G	L	U	G	S	R	T	N	S	L
D	W	B	U	O	A	S	R	H	E
M	E	M	O	R	I	Z	E	I	S
I	N	M	C	W	A	V	O	I	D
G	R	E	Z	I	T	I	N	A	S

The way a movie vampire covers his face with his cape is a good way to stop the spread of germs. Learn how to do "The Vampire Cough."

Next time you need to cough or sneeze, cough into the inside of your elbow as shown.

If you cough into your hand, you'll spread germs as you touch things. Think about it: When was the last time you used the inside of your elbow to touch something?



If your hands are extra dirty, sing this second verse and keep on scrubbing!

Now my hands are getting clean  
Scrub! Scrub! Scrub! Scrub! Scrub!  
Even dirt that can't be seen  
Scrub! Scrub! Scrub! Scrub! Scrub!  
With a little soap here

And a little more there  
Bubbles here

Bubbles there

Watch them floating in the air

Now my hands are nice and clean

Scrub! Scrub! Scrub! Scrub! Scrub!

### Puzzler

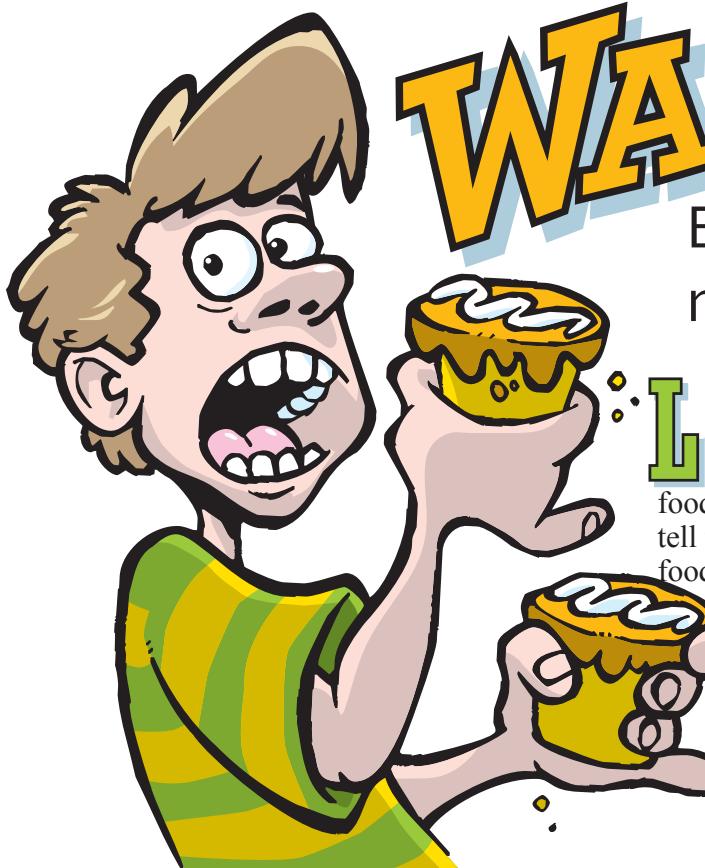
#### Unscramble each of the mixed-up words

When should I wash my hands?

**Standards link:** Reading comprehension:  
Follow simple written directions.

- after playing DISTOUE O \_\_\_\_\_ I \_\_\_\_\_
- after using the STROMORE R \_\_\_\_\_ T R \_\_\_\_\_
- before eating or KONCOGI O O \_\_\_\_\_
- after petting SANIMLA \_\_\_\_\_ L S \_\_\_\_\_

**Standards link:** Music: memorize and sing simple songs.



Before you pop that bite of food into your mouth, do you know what exactly is **in** it?

**L**ook for the Nutrition Facts label on the food's package. It will tell you what is in the food.

You know how books have a table of contents that explains what's inside? Nutrition Facts labels are like that. They tell you what's inside the food you are eating.

**T**he Nutrition Facts label gives you information about the nutrients in the food. The Nutrition Facts label is printed somewhere on the outside of packaged food and you usually don't have to look hard to find it.

**Standards link:** Health: Know the nutritional value of different foods.

Nutrition Facts labels also tell the **percentage** provided by that food of the recommended daily amount of a nutrient. The cupcake nutrition label says one serving of these snacks provide 22% of the amount of fat recommended to be eaten in one day. (*That's an awful LOT!*)

**Serving size:** Nutrition Facts labels list a serving size, which is an amount of food such as 2 crackers, 1 cup of cereal, 2 cookies, or 5 pretzels. The nutrition label tells you how many nutrients are in *that* amount of food.

Most nutrients are measured in **grams**, also written as g.

Some nutrients are measured in **milligrams**, or mg. Milligrams are very tiny – there are one thousand milligrams in a gram.

## Nutrition Facts

2 servings per container

Serving size 1 Cake (53g)

### Amount Per Serving

#### Calories

200

% Daily Value\*

**Total Fat** 14g

**22%**

**Saturated Fat** 6g

**30%**

**Trans Fat** 1g

**Cholesterol** 30mg

**10%**

**Sodium** 410mg

**17%**

**Total Carbohydrate** 67g

**22%**

**Dietary Fiber** less than 1g

**2%**

**Total Sugars** 51g

Includes 10g Added Sugars

**20%**

**Protein** 2g

Vitamin A 0% • Vitamin C 0%

**Calcium** 20% • **Iron** 4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Nutrition navigator game



Total Fat 13g 21%  
Cholesterol 15mg 21%  
Sodium 480mg 20%  
Vitamin A 6%



Total Fat 1g 1%  
Cholesterol 0mg 0%  
Sodium 200mg 8%  
Vitamin A 0%



Total Fat 8g 12%  
Cholesterol 0mg 0%  
Sodium 250mg 10%  
Vitamin A 2%



Total Fat 0.5g 1%  
Cholesterol 0mg 0%  
Sodium 630mg 26%  
Vitamin A 15%



Total Fat 0g 0%  
Cholesterol 0mg 0%  
Sodium 390mg 16%  
Vitamin A 4g 16%



Food with the highest amount of sodium:

Food with the highest amount of fat:

Food with the least amount of Vitamin A:

Food with the least amount of sodium:

## My sentence



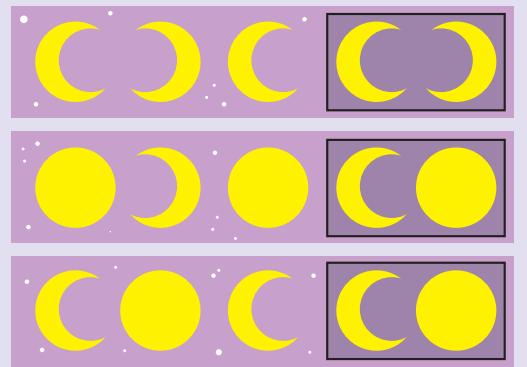
## My rhyme time



HEY DIDDLE DIDDLE  
The cat and the fiddle,  
The cow jumped over the moon;  
The little dog laughed  
To see such sport,  
And the dish ran away with the spoon.

## Moon patterns

Which moon comes next? In each row, circle the moon in the dark box that will continue each pattern.



## My letters

M is for Moon  
m is for moon



**Learning buddies:** Read the two phrases aloud. Have your child read with you. Trace the uppercase and lowercase letter M. Say the letter as you trace it.

How many words or pictures can you find on this page that have the sound that the letter M makes in the word moon?

## My numbers

How many ?

How many ?

How many ?

**Learning buddies:** Trace and say the number. Read the questions. Touch and count to find the answers.

## Learning buddy sign here

I have completed \_\_\_\_\_ activities with my Learning Buddy.

Learning buddy's signature \_\_\_\_\_ Date \_\_\_\_\_

NOVEMBER 2017

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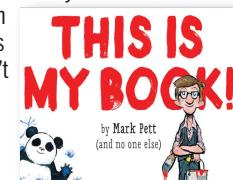
## CHECK IT OUT



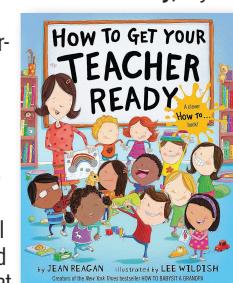
### The City Library

This November the librarians at the Salt Lake Public Library are thankful for local authors. Check out their picks and start reading!

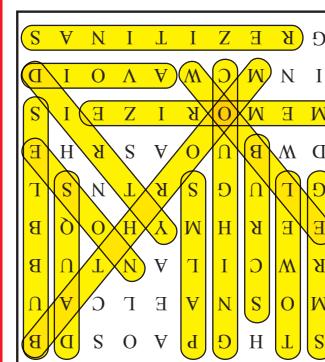
"This is My Book!" by Mark Pett. What happens when a writer learns that he doesn't quite have as much control over his book as he thinks? When Mark Pett's characters take over his book pandemonium ensues!



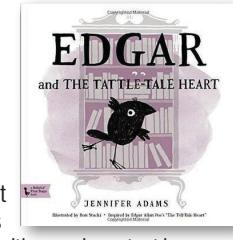
"How to Get Your Teacher Ready," by Jean Reagan. A class of adorable students gives tips and tricks for getting a teacher ready—for the first day of school, and all the events and milestones that will follow.



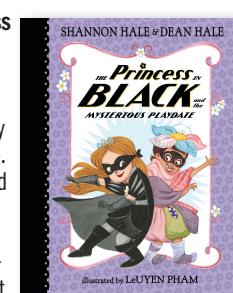
## Answers



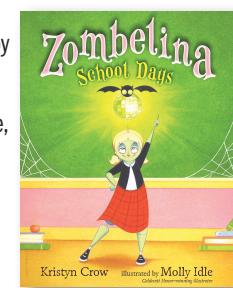
- When should I wash my hands?
- Food with the highest amount of sodium: Wheat Bread
- Food with the highest amount of fat: Frozen Burrito
- Food with the highest amount of carbohydrates: Wheat Bread
- Vitamin A: Wheat Bread
- Sodium: Wheat Bread
- FRIEND
- before eating ANIMALS
- before visiting a sick person
- after blowing your nose, coughing or sneezing
- after taking out the TRASH



"The Princess in Black and the Mysterious Playdate," by Shannon Hale. Noseholes and elephants! A pet-eating monster interrupts a perfect playdate with Princess Sneezer... but who is that new masked avenger?



Zombelina: School Days by Kristyn Crow. Zombelina loves to dance, and going to school is just as fun! But a new student named Morty has his own case of stage fright... something Zombelina knows how to fix.



Please send ideas, suggestions or information to: [nie@deseretnews.com](mailto:nie@deseretnews.com)

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# Early CONNECT 123

Deseret News

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My name: \_\_\_\_\_

## Priscilla's Got Problems!



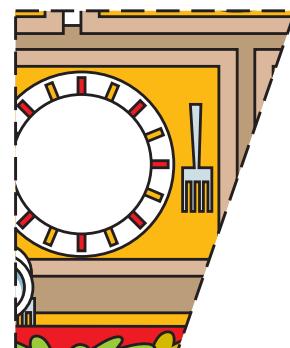
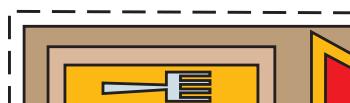
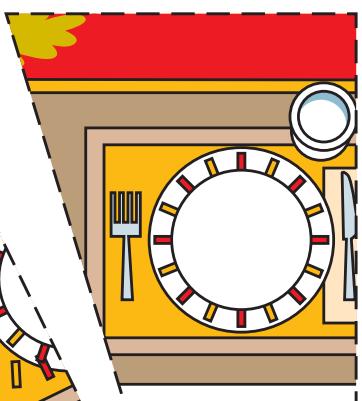
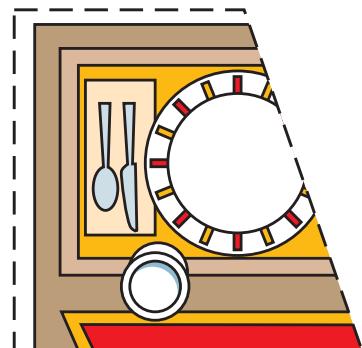
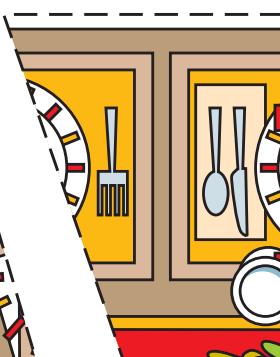
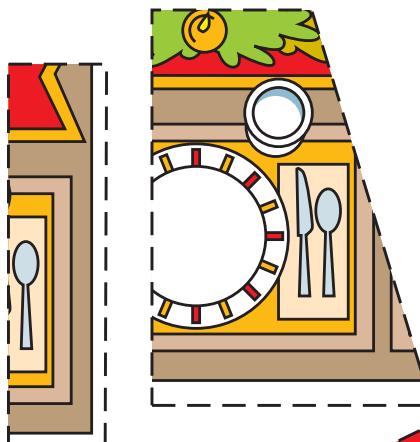
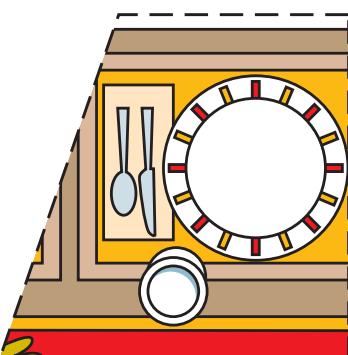
Priscilla Pilgrim is having a bad day. Her day is full of puzzling problems. Can you help Priscilla solve her problems?

### Table Upset

Priscilla carefully set the table for the family's Thanksgiving dinner. But someone has upset the whole thing! *Priscilla is having problems!*

Cut out the pieces and match the shapes to put the table back together.

**Standards link:** Math / Problem solving: Identify attributes of geometric objects and match shapes.



# The Great National Bird Debate!

## Eagle or turkey? What do you think?

Which would make a better \_\_\_\_\_ of the United States – a bald eagle or a turkey?

More than 200 years ago, the Founding Fathers wanted to choose an animal for the great seal of the United States. They wanted an animal that would \_\_\_\_\_ what the newly formed United States of America was all about.

For six years, \_\_\_\_\_ bitterly debated which animal would be the country's symbol. Finally in 1782, the bald eagle was selected.

### Vote for the turkey

Not everyone thought the bald eagle was the right animal. Benjamin Franklin thought the turkey was a better symbol. Franklin wrote to his daughter, referring to the eagle's "*bad moral character*," saying, "*I wish the bald eagle had not been chosen as the representative of our country! The turkey is a much more respectable bird, and withal a true original native of America.*"

### Vote for the bald eagle!

The bald eagle supporters finally had their way and it has been the national bird of the United States since 1782, when it was placed with \_\_\_\_\_ wings on the great seal of our country.

But, Ben Franklin's words remind us that the turkey is also a special creature. In truth, if someone calls you a turkey, take it as a compliment!

### What does a national bird do?

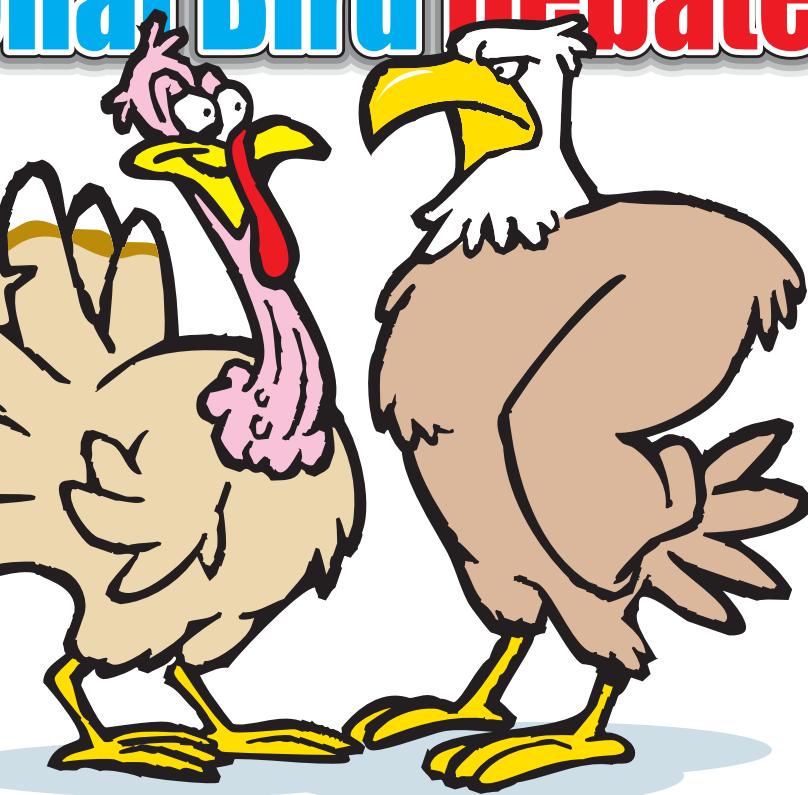
As the national symbol of the United States, the bald eagle appears in many government buildings and on official documents, making it the most pictured bird in all of America. The eagle also appears on the President's flag and billions of bills and coins.



**Tim Turkey**  
removed some of  
the words in this  
story. Can you  
figure out where  
each one  
belongs?

outspread  
symbol  
represent  
Congress

**Standards link:** History:  
Students recognize national  
symbols such as the bald  
eagle.



### Do all turkeys gobble?

Unscramble the letters in each leaf pile to discover the answer (four words).

L O N Y

L M E A

Y U K T S R E

L O B G E B

**Standards link:** Reading comprehension: Follow simple written directions.

### Understanding different points of view!

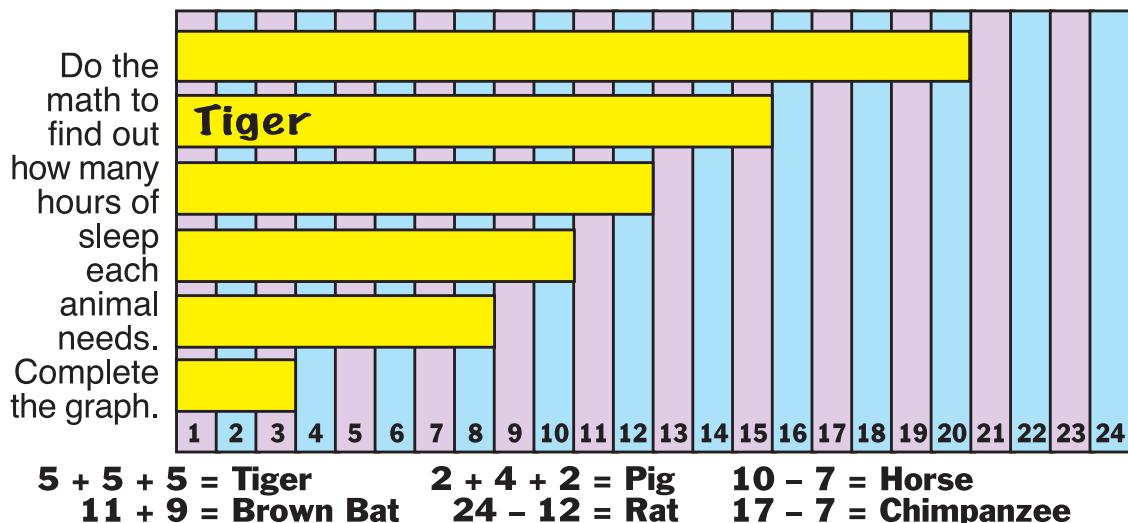
This month's **Connect** article, National Bird Debate identifies different points of view about which bird should be the national bird of the United States.

Understanding different points of view helps people to understand each other. You can learn a lot about different points of view in stories you read and in newspaper articles.

Select one article from today's newspaper or a story you are reading. Identify two people or groups of people affected by or in the story. Write one or more sentences telling each person or group's point of view.

# A Good Night's Sleep

Every living thing sleeps, from the smallest insect to the largest whale. Some animals spend as many as 20 hours a day sleeping! While humans don't sleep *that* much, our sleep is just as important. Kids need 8 to 10 hours of sleep nightly.



## Your brain needs sleep so you can:

- Remember what you learn
- Pay attention and concentrate
- Solve problems and come up with new ideas



## Your body needs sleep so you:

- Muscles, bones and skin can grow
- Muscles, skin and organs can repair injuries and heal
- Body can stay healthy and fight sickness

**Standards link:** Health: Know how to maintain and promote physical health.

## Weird dream

By Kevin Slumberton

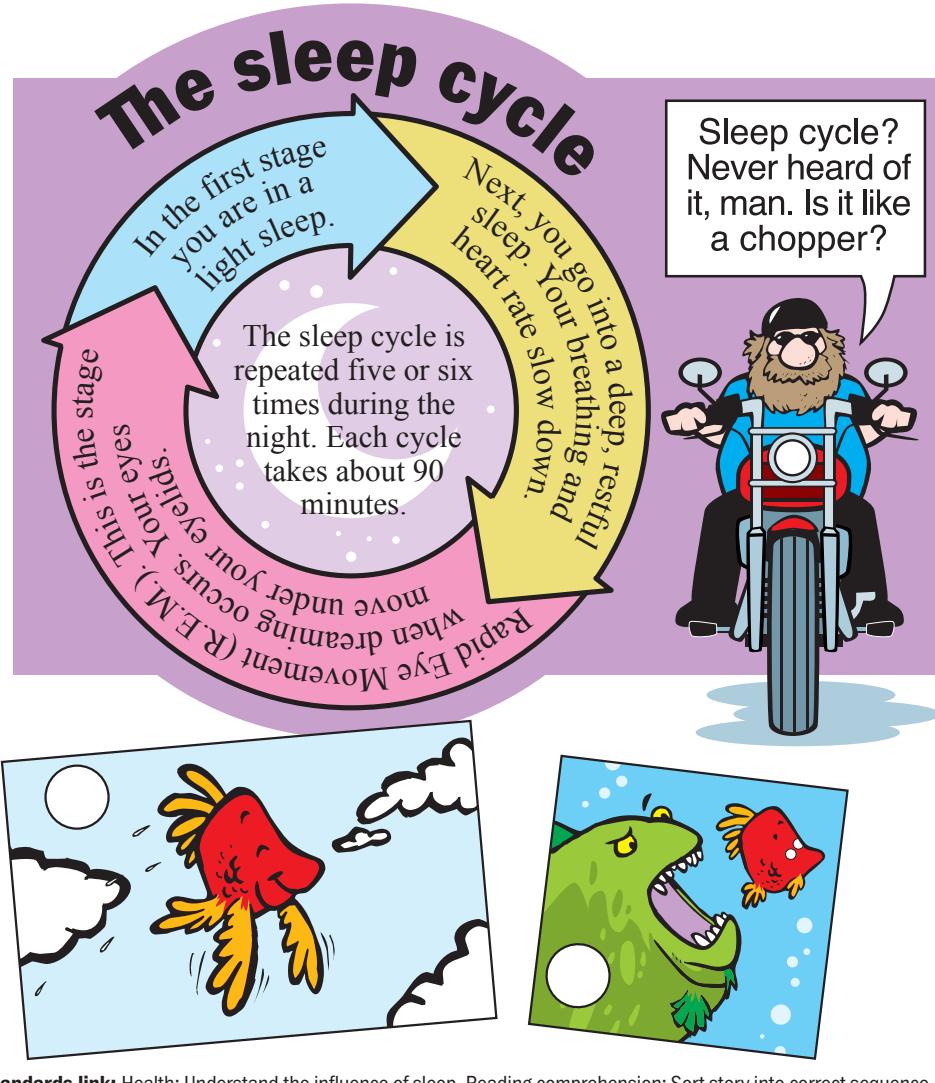
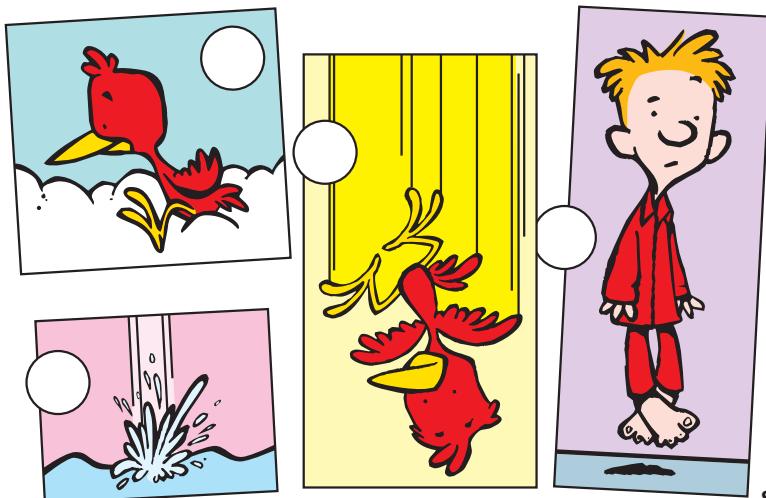
Last night I had a strange dream. I was walking to school in my pajamas but suddenly felt myself floating off the ground.

Next thing I knew, I had feathers and a beak. I was a bird! Flying was really fun but tiring. So, I sat on a cloud to rest.

I sank through the cloud and then fell through the sky. I splashed down into a pond.

I could swim really well because now I was a fish! A much bigger fish started chasing me. I jumped out of the water to escape and flew back to my room. I was a flying fish. Then my alarm went off and I woke up.

**Read about Kevin's dream. Then number the pictures in order.**



**Standards link:** Health: Understand the influence of sleep. Reading comprehension; Sort story into correct sequence.

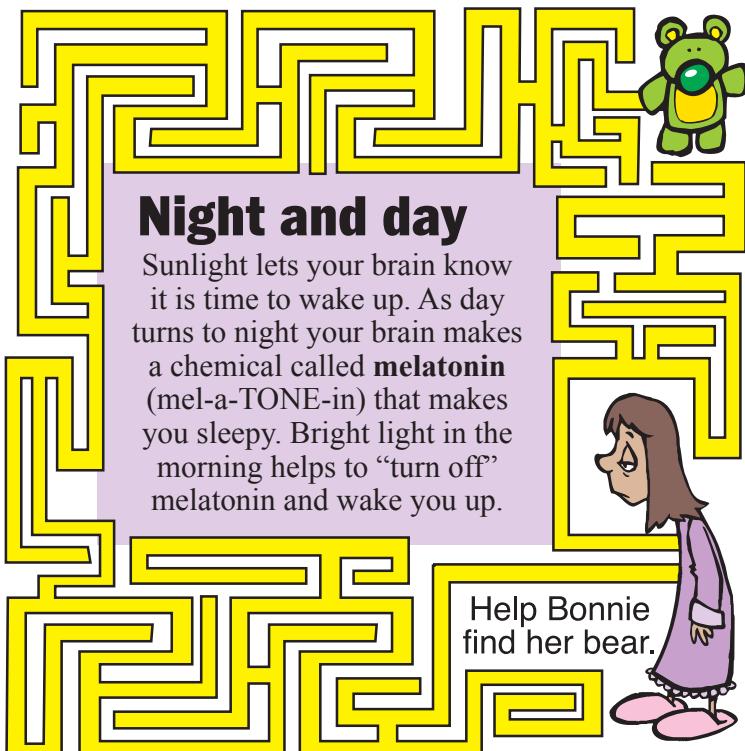
# Double Double Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally. Then find them again in the pages of this issue of **Connect123**.

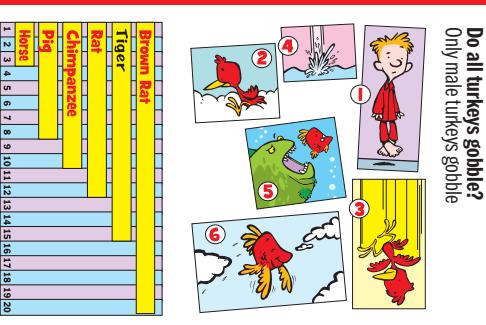
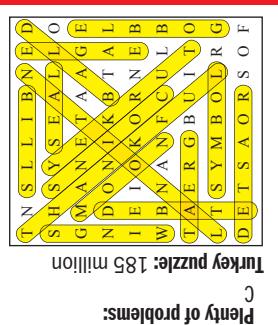
TURKEY	ROASTED	SEAL
EAGLE	BILLS	BALD
NATIONAL	GREAT	MOON
COINS	GOBBLE	DEBATE
SYMBOL	WINGS	THANKFUL

**Standards link:** Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

T	N	S	L	L	I	B	N	E	D
S	H	S	Y	S	E	A	L	L	O
G	M	A	N	E	T	A	A	G	E
N	D	O	N	I	K	B	T	A	L
I	E	I	O	K	O	R	N	E	B
W	B	N	A	N	F	C	U	L	B
T	A	E	R	G	B	U	I	T	O
L	T	S	Y	M	B	O	L	R	G
D	E	T	S	A	O	R	S	O	F



## Answers



## Learning buddy sign here

I have completed \_\_\_\_\_ activities with my Learning Buddy.

Learning buddy's signature \_\_\_\_\_ Date \_\_\_\_\_

Please send ideas, suggestions or information to: [nie@deseretnews.com](mailto:nie@deseretnews.com)

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AP

## Turkey day trivia

As Thanksgiving approaches there are a variety of things we do to prepare. Some families travel while others might stay at home. Some prepare lavish feasts while others eat out. No matter what your holiday tradition, here are ten fun facts to enjoy.

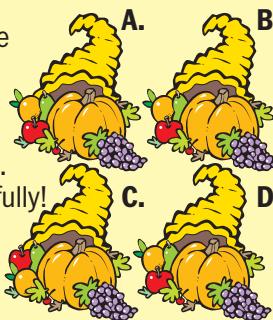
**1.** The first Thanksgiving was held in the autumn of 1621 and included 50 Pilgrims and 90 Wampanoag Indians and lasted for three days.



**2.** Thanksgiving didn't become a national holiday until more than 200 years later! Sara Josepha Hale, the woman who wrote "Mary Had a Little Lamb," convinced President Lincoln in 1863 to make Thanksgiving a national holiday after writing letters for 17 years.

**3.** Historians say no turkey was on the menu at the first Thanksgiving. What was on the menu? Deer or venison, ducks, geese, oysters, lobster, eel and fish.

**4.** No forks were at the first Thanksgiving! The first Thanksgiving was eaten with spoons and knives but not forks. Forks weren't even introduced to the Pilgrims until ten years later and weren't a popular utensil until the 18th century.



## Plenty of problems

Priscilla's mother asked her to pick up a cornucopia arrangement from her neighbor. But which one is it?

It's the one that is different from all the others. Look carefully!

**5.** Wild turkeys can run 20 miles per hour when they are scared, but domesticated turkeys that are bred heavier can't run as fast.

**6.** Benjamin Franklin wanted the turkey to be the national bird, not the eagle.

**7.** Americans eat 46 million turkeys each Thanksgiving.

**8.** Neil Armstrong and Buzz Aldrin's first meal in space after walking on the moon was a foil packet with roasted turkey.

**9.** The heaviest turkey on record, according to the Guinness Book of Records, weighs 86 pounds!

**10.** Californians consume the most turkey in the U.S. on Thanksgiving Day!