

# Duke Kahanamoku, Father of Surfing

Born in Honolulu, Hawaii, in 1890, Duke Kahanamoku was the oldest of nine children. He did not finish school. He had to quit and get a job to help support his family. But that didn't stop him from becoming an Olympic legend.

In his spare time, Duke swam and surfed. He used a surfboard made of wood. It was 16 feet (5 m) long and weighed about 115 pounds (52 kg). Duke's muscles grew strong as he learned to control the large, heavy board.

In 1912, 1920, and 1924, Duke swam for the U.S. Olympic swim team. He won three gold medals and two silver medals. Between the Olympic Games, Duke traveled around the world. He did swimming and surfing shows for people who wanted to watch him perform. In 1914, he did a show in Sydney, Australia. It was the first time Australians had ever seen surfing. Now, it is one of the most popular sports in Australia.

Duke was not just a great athlete. He was also a hero. In June 1925, a fishing boat flipped over because of rough waves. It happened near Newport Beach, California. Twenty-nine fishermen were thrown into the

water. Duke was on the beach when it happened. He grabbed his surfboard and paddled out to the men. He put a man on his board and paddled him to safety. Then he rushed to rescue another. Two other surfers saw what he was doing and helped him. In all, the three surfers saved 12 men. U.S. lifeguards noticed what Duke had done. They began to use surfboards in their own ocean rescues.

Duke did a lot during his lifetime. He is in the Surfing Hall of Fame, the Swimming Hall of Fame, and the U.S. Olympic Hall of Fame. He also acted in films and was a sheriff for 30 years. Duke died in 1968. But people still know him as the father of surfing.



There is a statue of Duke Kahanamoku in the Waikiki area of Oahu, Hawaii.

**Expository nonfiction** gives facts about a person, place, thing, or event. The main purpose of expository nonfiction is to inform. Pictures can help show more details about the topic.

Answer the items about the text you read.

1. Explain how using a large surfboard helped Duke.

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2. Tell how Duke helped change how lifeguards do things.

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3. Explain the effect that Duke had on Australians when he went to Australia.

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4. Write two important things that Duke did during his life.

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5. Write two details the photo gives about Duke.

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6. Explain what makes this an expository nonfiction text.

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Mark the correct answer.

1. The main purpose of an expository nonfiction text is to \_\_\_\_\_.  
Ⓐ teach  
Ⓑ persuade  
Ⓒ inform  
Ⓓ entertain

Answer the items.

2. Write two kinds of resources where you can find expository nonfiction.

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3. Write a reason why you would choose to read an expository nonfiction text.

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Read the paragraph. Then answer the items.

Antarctica is the southernmost continent on Earth. It is surrounded by the Southern Ocean. Even though it is cold there, Antarctica is a desert because it gets very little rainfall. Most of Earth's ice is in Antarctica. Some people go there to work for a few months at a time, but few people stay, because it is so cold. Antarctica's climate makes it a difficult place to live for very long.

4. Explain what makes this an expository nonfiction paragraph.

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5. Did you learn any new facts from the paragraph? Give an example.

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An **expository nonfiction** text explains a topic.

The purpose of expository nonfiction is to inform by giving facts.

You read expository texts in textbooks, in newspapers, on websites, and in other kinds of resources.

Read the paragraph. Then answer the items.

Your brain has different parts. The brain stem is just above your neck. It tells your lungs to breathe air and your heart to pump blood. It also helps you to digest food. The cerebellum [ser-uh-BEL-um] controls your balance. It helps you move your body so you can kick a ball and walk. The cerebellum also allows you to make small movements, such as when you flip a light switch, zip your jacket, and use a pencil. The cerebrum [SER-uh-brum] helps you see and hear.

1. What is the author's purpose for writing this paragraph?

- Ⓐ to inform
- Ⓑ to entertain
- Ⓒ to persuade
- Ⓓ to teach

2. Explain why you chose the answer you did for number 1.

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3. What topic does the author tell about in the paragraph?

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4. Write two facts that you did not know before you read this paragraph.

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# The Ostrich: A Strong Bird

The ostrich is an ugly bird, but it is also interesting because it's unlike other birds. Ostriches look funny, but they are strong, dangerous birds, and they can protect themselves.

Ostriches have long necks, long legs, and round bodies. They have fluffy brown feathers. Even though they're birds, ostriches can't fly because they're so heavy. They are usually between 7 feet and 9 feet (2 and 3 m) tall. They're the largest, heaviest birds on Earth. They also have the biggest eyes of any land animal. Their huge eyes are frightening to look at.

Unlike some other birds, the ostrich does not sing. Instead, it makes a loud, low-pitched humming sound that's like a horn. They also hiss. Ostrich sounds can be annoying!

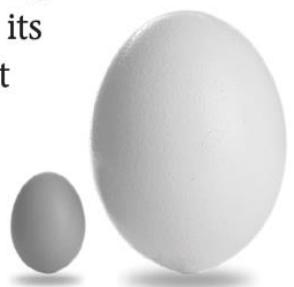
An ostrich can run up to 43 miles (69 km) in one hour, which is terribly fast. The fastest human speed recorded is 28 miles (45 km) in one hour. This means that an ostrich can outrun a person. That's because the ostrich moves forward about 15 feet (5 m) with each step it takes. It has strong leg muscles, and it spreads its wings when it wants to dash. This

helps it keep its balance. Its wings and two-toed feet help it make sharp turns to escape danger.

Ostriches can protect themselves. They use their sharp beaks and claws to scare other animals. And an ostrich's powerful kick can hurt other large animals that may attack, such as a lion! When danger is near, ostriches lie low and press their heads against the ground to make themselves harder to spot.

Some people eat ostrich eggs. An ostrich egg is bigger than a chicken egg. Ostrich eggs taste more delicious than chicken eggs.

Next time you think of an ostrich and feel like laughing because of how it looks, remember its speed. Think about its strength, and remember its yummy eggs!



Texts have **facts** and **opinions**.

A fact is information that you can clearly show is true.

An opinion is what you feel or believe about something.  
People can have different opinions about the same thing.

Answer the items about the text you read.

1. Which idea from the text is the author's opinion?  
  - Ⓐ The ostrich has the biggest eyes of any land animal.
  - Ⓑ Ostriches spread their wings when they want to dash.
  - Ⓒ Ostriches can kick hard enough to injure a lion.
  - Ⓓ Ostrich eggs are more delicious than chicken eggs.

2. Write two facts from the text.

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3. Look at the photo of the ostrich. Do you agree with the author's opinion that ostriches are ugly birds? Tell why or why not.

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4. Does the text have more facts or more opinions about ostriches?  
Tell how you know.

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Answer the items.

1. Which sentence tells a fact?

- (A) Cheese is the best topping on a pizza.
- (B) Cheese with a strong smell tastes better.
- (C) There are over 1,000 kinds of cheese.
- (D) Yellow cheese has a better flavor than white cheese.

2. Which sentence tells an opinion?

- (A) Small dogs are cute but annoying.
- (B) An adult dog has 42 teeth.
- (C) Dogs have a stronger sense of smell than humans.
- (D) Sheep farmers use dogs to help herd flocks of sheep.

3. In your own words, tell the difference between a fact and an opinion.

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Read the paragraph. Then answer the items.

There are seven continents. Asia is the largest continent. South America is the continent with the most fun beaches. Africa is the continent with the coolest animals. Europe is the continent with the most flavorful foods. Australia is the best continent to have adventures. Antarctica is the strangest continent. North America is the continent where the United States of America is.

4. Write two opinions from the text.

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5. Write two facts from the text.

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Authors write **facts** and **opinions**.

A fact is a piece of information that is true.

An opinion is what a person thinks, feels, or believes.

People can have different opinions.

**Fact:** Whales are mammals.

**Opinion:** Whales are beautiful.

**Fact:** The largest whales are blue whales.

**Opinion:** Whales are scary.

Read the sentence. Write an **F** on the line if the sentence tells a fact.

Write an **O** on the line if the sentence tells an opinion.

1. In 2016, the Chicago Cubs won the World Series in baseball. \_\_\_\_\_

2. Before 2016, the last time the Cubs won the World Series was in 1908. \_\_\_\_\_

3. The Cubs have the most fun sports stadium in the U.S. \_\_\_\_\_

4. Chicago has two baseball teams, which are the Chicago Cubs  
and the Chicago White Sox. \_\_\_\_\_

5. White Sox games are more interesting than Cubs games. \_\_\_\_\_

6. Chicago's baseball teams are worse than other teams. \_\_\_\_\_

Read the sentence. Tell if it's a fact or an opinion.

Then tell how you know.

7. All people should learn how to play baseball.  
\_\_\_\_\_  
\_\_\_\_\_

8. The first official baseball game between two teams took place on June 19, 1846.  
\_\_\_\_\_  
\_\_\_\_\_

# The Peculiar Platypus

What lays eggs like a reptile, has a bill like a duck, and has fur like a beaver? A platypus! The platypus is an Australian water mammal, and even though it's so odd-looking, its body parts help it stay alive.

Many people think the platypus looks strange. A British scientist in the 1700s, for instance, thought someone was playing a joke on him when he first saw a platypus. He thought someone actually took a duck's bill and stuck it onto a sea otter's body! After studying the creature, he discovered that it was a real animal.

The very body parts that make the platypus appear so strange also help it survive in the wild. For example, the platypus's fur keeps it warm in cold water. Its paddle-shaped tail and webbed feet help it to swim. Its rubbery snout, which looks like a duck bill, helps it survive, as well. The platypus uses its flat bill to dig a burrow and search for food.

A platypus gets its food by hunting in rivers and streams. The strange-looking snout can sense the movement of tiny prey. The platypus scoops up insects, shellfish, and



worms. Then it stores food in its cheek pouches as it swims back to the surface to eat.

Another reason that platypuses are unusual is that they lay eggs. Most mammals don't lay eggs.

While some people think platypuses are cute, you should not approach or touch one. They are wild animals that can be dangerous. In fact, a male platypus has sharp spurs, or spikes, on its back legs. The spurs have venom strong enough to kill another animal. Most people survive the sting, but it makes them very ill.

The things that make the platypus unusual actually help it live for a long time. So maybe being peculiar isn't so bad!

The **main idea** is what the text is mostly about. Most texts explain the main idea in the first sentence or paragraph. The rest of the text gives **supporting details**, or more information about the main idea. Look for these signal words and phrases, which often come before supporting details:

for example      also      reason      such as  
another      as well      for instance

Answer the items about the text you read.

1. Write six signal words or phrases from the text.

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2. Write the main idea of the text in your own words.

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3. Write two details from the text that support the main idea about platypuses.

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4. Does the picture support the idea that the platypus is a strange animal?  
Explain why or why not.

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Read the sentence, which tells a main idea. Then mark the sentence that gives a supporting detail.

1. The brown recluse spider is deadly to humans.
  - Ⓐ The spider has a color and shape that make it easy to identify.
  - Ⓑ The brown recluse has six eyes, unlike most spiders, which have eight.
  - Ⓒ The brown recluse is found only in the United States.
  - Ⓓ The spider's bite can cause sickness and a painful wound.

Answer the items.

2. Explain how you can use text clues to find the main idea of a text.

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3. Explain how you can use text clues to find supporting details in a text.

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4. Write three signal words or phrases that can help you find supporting details.

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5. Why is it important for an author to support a main idea? Explain your answer.

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The **main idea** is what the text is mostly about. The rest of the text gives **supporting details**, or more information about the main idea.

The main idea is the most important idea in the text.

Supporting details tell more about the main idea.

Supporting details can be examples, facts, reasons, or pictures.

Look at the table. Read each supporting detail and each main idea. Write an X next to each detail to show which main idea it supports.

Supporting Details	Main Idea 1: Lions hunt other animals for food.	Main Idea 2: Lions help each other survive.
Lions eat the meat of other animals that live in the same ecosystem.		
Lions catch and eat a variety of animals, such as zebras, antelopes, and hares.		
Lions live in a group called a pride, and every lion in the pride has a job.		
Male lions guard the pride's land, and females get food.		
Lions roar to contact each other and to let the others know how they're doing.		
When a lion sees an animal it wants to catch for food, it sneaks up on the animal and attacks.		

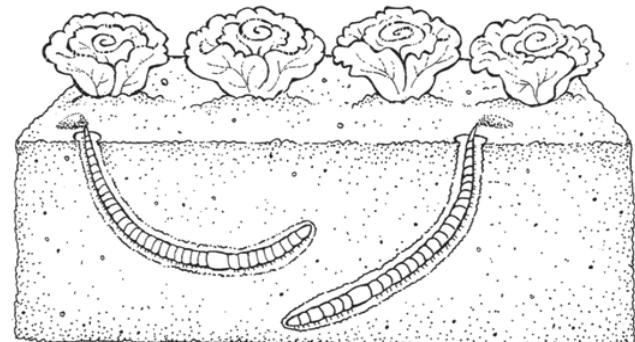
## The Tiny Creature That Helps Crops Grow

Did you know that earthworms help keep soil clean and healthy so we can grow food? These silent creatures are a vegetable farmer's best friend.

Earthworms help keep soil clean by eating dead material. When plants and animals die, they fall on the ground. Earthworms eat tiny pieces of these dead things, which have lots of nutrients.

An earthworm uses its digestive system to break down the nutrients. The worm uses some of what it eats to live and grow. The rest of the food is waste, which the earthworm gets rid of by leaving droppings, or castings. These castings have nutrients from all the stuff the worm ate. The castings remain in the soil, making it rich and full of nutrients. Plants need these nutrients to live and grow.

Earthworms help plants in another way, too. Earthworms dig underground tunnels, which loosen the soil. When the soil becomes loose, it lets air into it. Loose soil also allows more water to enter. Plant roots need air and water. Have you ever seen a plant that had bright green leaves and looked healthy? It probably looked that way because its roots were



getting plenty of air and water. When a plant's roots are healthy, the plant is healthy. This is true for most plants, including crops that we grow to eat.

Earthworms make a farmer's job easier. Part of a farmer's job is plowing, or breaking up, soil. The purpose of plowing is to loosen the soil so plant roots can get more air and water. In a way, earthworms act like little plows!

Some farmers try to increase the amount of earthworms in their gardens and fields by adding dead material. That's why farmers buy mulch and grass clippings to spread on the ground.

Earthworms are wonderful creatures to have in a vegetable garden. Thank earthworms the next time you eat a meal with vegetables!

You can **make inferences**, or **infer**, as you read a text to better understand it. Making an inference is figuring out something that the author did not tell you. You can make inferences to find out more facts about the topic.

Answer the items about the text you read.

1. What are mulch and grass clippings probably made of?  
Ⓐ earthworms  
Ⓑ healthy plant roots  
Ⓒ dead materials  
Ⓓ healthy plants
2. Where do plants get the nutrients they need? Use details from the text to explain.

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3. Imagine a plant with brown leaves that look unhealthy. Write an inference you can make about this plant's roots. Explain how you can make this inference.

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4. Why does the author write that earthworms are a vegetable farmer's best friend? Use examples from the text.

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Mark the correct answer.

1. Making inferences is an important reading skill because it helps me \_\_\_\_\_.  
A) read a larger amount of text  
B) read the words the author wrote  
C) understand more about the facts or pictures in the text  
D) remember all the facts and pictures in the text

Read the pair of sentences. Then mark the inference you can make.

2. In Australia, there are laws to protect the places where koalas live in the wild.  
People help protect the trees that koalas live in.  
A) The places where koalas live are in danger.  
B) People only help koalas because they are cute.  
C) People want to see more koalas in zoos.  
D) The places where koalas live are not in danger.

Answer the items about inferences.

3. An inference is \_\_\_\_\_  
\_\_\_\_\_

4. When you make an inference, you use what you \_\_\_\_\_ and what  
you \_\_\_\_\_ to figure out something that the author didn't tell you.

5. How is making inferences different from reading the words the author wrote?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Read the sentence. Then mark the inference you can make.

6. Some of the people who wear eyeglasses use them only when reading.  
A) There are different reasons to use eyeglasses.  
B) Eyeglasses are only for reading.

You can **make inferences** as you read a text to better understand it. When you make an inference, you figure out something that the author did not tell you.

Here is an example of an inference:

I read: There are signs posted to warn swimmers about blue-ringed octopuses.

I make this inference: Blue-ringed octopuses are harmful to people.

Read the pair of sentences. Then mark the sentence that tells the inference you can make.

1. Some octopuses do not have enough poison to harm humans.  
Other octopuses do have enough.
  - (A) Not all octopuses have poison.
  - (B) All octopuses have poison.
2. Some octopuses can use tools. Octopuses on land can find their way back to the ocean.
  - (A) Octopuses are smart.
  - (B) Octopuses are not smart.
3. Octopuses can change color to blend into the environment so other animals cannot see them. Octopuses are hunted and eaten by some other sea animals.
  - (A) Changing color can help an octopus get eaten.
  - (B) Changing color can help an octopus stay alive longer.
4. Octopuses can squeeze into tiny spaces.  
Octopuses have soft, squishy bodies.
  - (A) Octopuses probably have bones.
  - (B) Octopuses probably do not have bones.



## Sybil's Daring Ride

On a rainy April night in 1777, Sybil Ludington sat by the crackling fire in her Connecticut home. Sybil's father, Colonel Henry Ludington, was telling her about how he and his troops had fought against the British in the Revolutionary War.

Suddenly, there was a knock at the Ludingtons' door. When Sybil opened it, a soaked man came in. He was tired and nearly falling over. He told the Ludingtons that British soldiers had attacked the nearby town of Danbury. Danbury was helping the patriots fight the British, so the British troops had set the town on fire. The man asked if Colonel Ludington's troops, who were now home, could come help Danbury.

Most of Ludington's men were farmers. Their farms were spread out in all directions. Someone would have to ride to the farms to gather the men. Colonel Ludington could not go because he needed to plan an attack on the British in Danbury. So he asked Sybil to ride. She was only 16 years old.

That night, Sybil rode her horse down 40 miles (64 km) of muddy paths in complete darkness. The horse's hooves threw mud on her

clothing. She carried a stick to protect herself. Her heart pounded like a drum. Sybil went to every farm and told what had happened. By dawn, many men had gathered. They were ready to fight.

When Ludington's troops arrived in Danbury, the town was smoky, and many buildings had burned down. But the men made the British leave, so Danbury was saved.

A few weeks after this happened, George Washington came to the Ludingtons' home to thank Sybil for her brave ride in the middle of the night. For Sybil, this was a special visit that she would never forget. In 1789, Washington became the first president of the United States. Today, Danbury, Connecticut, is still standing.



statue of Sybil Ludington in Carmel, New York, by Anna Hyatt Huntington

A **narrative nonfiction** text tells a true story. It has literary elements that are like those found in a fictional story.

These are elements in narrative nonfiction:

- The **characters** are real people.
- The **settings** are real places.
- The **events** really happened.

Answer the items about the text you read.

1. Why did Sybil make the ride instead of the man who came to the Ludingtons' home?
  - (A) He was weak and tired.
  - (B) There was nowhere for him to go.
  - (C) Sybil asked her dad if she could go herself.
  - (D) He was a British soldier.
2. Was Sybil afraid as she rode at night? Explain.

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3. Do you think that Sybil's actions were brave? Explain.

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4. Why did Sybil think the visit from George Washington was special?

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5. Explain what makes this story narrative nonfiction.

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Mark the correct answer.

1. Narrative nonfiction \_\_\_\_\_.  
Ⓐ has nothing in common with fiction stories  
Ⓑ has characters and settings that are not real  
Ⓒ tells a true story  
Ⓓ is the same as fiction
  
2. Narrative nonfiction \_\_\_\_\_.  
Ⓐ always has a graph or a chart  
Ⓑ has literary elements, such as characters and settings  
Ⓒ tells a fictional story  
Ⓓ has no characters, settings, or events
  
3. Which topic would work for a narrative nonfiction text?  
Ⓐ a monster  
Ⓑ a crocodile that talks  
Ⓒ a city on Mars  
Ⓓ Abraham Lincoln

Answer the items.

4. Tell how narrative nonfiction is different from other kinds of nonfiction texts.

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5. Tell how narrative nonfiction is different from fiction stories.

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6. Can you learn facts from a narrative nonfiction story? Explain.

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A **narrative nonfiction** text tells a true story.  
Even though the text may seem like fiction, it is nonfiction because the story is true.

In narrative nonfiction, the characters are real people who have real problems.

Read the paragraph. Then answer the items.

Did you know that a man once traded a paperclip for a house? It's true. Kyle MacDonald wanted a house, but he did not have enough money to buy one. Then he remembered a game he played as a child, called "Bigger and Better." The goal was to trade small things to get bigger things. First, Kyle traded a paperclip for a pen. Then someone offered him a doorknob. As Kyle made more trades, he got more valuable things. Later, he traded and got a van. He kept trading until he got a part in a Hollywood movie. But another man wanted that part. To get it, the man offered Kyle an old farmhouse. And that is how a paperclip was traded for a house!

1. Describe Kyle's problem in the story.

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2. Explain why Kyle's solution for his problem is so creative.

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3. Do you think Kyle makes a good decision when he gives away the part in a Hollywood movie? Why or why not?

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4. Is trading a good way to get things you want? Tell why you think so.

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