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Gluten and Lactose

Your **digestive system** has two main jobs:

- to turn the food you eat into **nutrients** your body needs
- to get rid of **waste** from food that your body does not need

Nutrients that you need are fats, proteins, carbohydrates, vitamins, minerals, and fibre. A **balanced diet** will give your body all of the nutrients it needs to keep you healthy and growing.

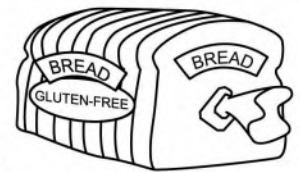
Sometimes the body does not work the way it should. This can happen when certain foods contain proteins or sugars that some people's bodies cannot digest.

Gluten

Gluten is a protein found in wheat, barley, and rye. Some people's bodies react negatively to that protein and they develop **celiac disease**. When they eat food with gluten, a **reaction** happens in their small intestines, or gut. This reaction **damages** the small intestine so it cannot take in nutrients from any food to the rest of the body.

People with celiac disease may have stomach aches and diarrhea. They may not want to eat and could lose weight. They may not grow the way they should. They could get a skin rash, too. These symptoms may come and go, depending on what they eat.

The best way for people to find out if they have celiac disease is to see a doctor. The good thing is that the disease can usually be controlled by not eating foods that contain gluten. Today there are many **gluten-free** products, and almost anything can be made without gluten by using a little imagination.

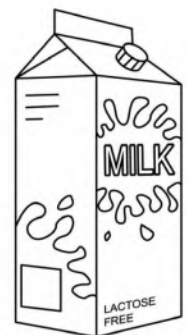


Lactose

Lactose is a type of natural sugar found in milk and other **dairy products**. Some people are **lactose intolerant**. This means their small intestines do not break down the lactose enough. When this undigested lactose moves into the large intestine, it can cause gas, pain or cramps, diarrhea, and throwing up. The best way for people to find out if they are lactose intolerant is to see a doctor.

Some people who are lactose intolerant cannot have any dairy products. Others can drink or eat small amounts without any problems. Like with celiac disease, the best thing to do is to not eat or drink any products that contain lactose.

Getting enough **calcium** can be a problem for young people who are lactose intolerant. But some **lactose-free** products contain calcium. Other foods that have calcium include broccoli, kale, salmon, almonds, fortified orange juice, and tofu.



"Gluten and Lactose"—Think About It

1. Why do you need a balanced diet?

2. What is this text describing?

3. What does the word *symptom* mean? How do you know?

4. What does *lactose intolerant* mean?

5. Complete the following chart to compare and contrast what you learned about gluten and lactose.

	Gluten (celiac disease)	Lactose (lactose intolerant)
Foods it is found in	foods that contain wheat, barley, or rye	
Part of digestive system affected		small and large intestine
Symptoms	stomach aches, diarrhea, not wanting to eat, losing weight, not growing properly, skin rash	gas, pain or cramps, diarrhea, throwing up
Best way to treat	Do not eat foods that contain gluten	

6. Name three foods, other than milk or dairy products, that are rich in calcium.

What Does the Prime Minister Do?

Canada is a big country, with lots of people and many **decisions** to make. Canadians **elect** a **government** to help make those decisions. The **prime minister** is the **head** of Canada's government.

How to Become Prime Minister

Canadians across the country vote in an election to choose who will **represent** them in Canada's **national**, or **federal**, government. The winner in each district (called a **riding** or **constituency**) becomes a **Member of Parliament**, or an MP. The MPs gather in the House of Commons to discuss issues and **pass laws**.

The MPs belong to groups called **political parties**. The parties are made up of people who think the same way about how to improve the country. Every party has a leader.

The party that elects the most MPs in the federal election will become Canada's government. The leader of that party becomes the prime minister.

Making Decisions

The prime minister's job is to lead the country and make decisions about how to govern it. He chooses a group of MPs, called a **cabinet**, to help him. There are about 30 MPs in the cabinet. The prime minister tries to pick people who represent the many different types of people across the country.

On the Job

The prime minister is also a member of parliament. Even though he is busy running the whole country, he also represents a riding, just like all the other Members of Parliament. He has to make time to look after his **district's** specific needs.

Another one of the prime minister's jobs involves a second part of Parliament called the **Senate** (say it like this: *SEHN-it*). It is made up of about 100 people called **senators**. Their job it is to take a careful second look at any **bills** that the House of Commons approves. The prime minister appoints these senators.

In addition, the prime minister represents Canada at meetings with other countries around the world.



Sir John A. Macdonald,
Canada's first prime minister



“What Does the Prime Minister Do?”—Think About It

1. List three things Canada’s prime minister does.

2. Do you think Canadians younger than 18 should be allowed to vote? Why or why not?

3. List three positions a Member of Parliament can hold in the federal government.

4. The prime minister and the members of parliament work in the House of Commons, which is located in Canada’s capital, Ottawa. Do you think this is the best location for Canada’s capital? Where do you think would be better? Explain your answer.

5. Would you like to be prime minister? Why or why not?
