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Life Size Worksheet
Number Worksheet #1 NAME _____

1. _____ What is the most essential nutrient for survival?
2. _____ What percentage of your total body weight is water?
3. _____ List three of the major physiological functions of water.
4. _____
5. _____
6. _____
7. _____
8. _____ What is the body's main source of fuel?
9. _____ What are the two main categories of carbohydrates?
10. _____
11. _____ What 2 things will your body burn for energy if it does not get enough carbohydrates?
12. _____
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Food typically high in complex carbohydrates

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Food typically high in protein

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Name _____ Date _____

MENTAL MATH QUIZ 3:3

- 1) $7 + \underline{\quad} = 12$
- 2) How many sides does a hexagon have?
- 3) 10×7
- 4) What is the value of the digit 1 in the number 4215?
- 5) Round 73 to the nearest 10
- 6) $18 - 15$
- 7) Half of 16
- 8) How many minutes in half an hour?
- 9) How many right angles can you see in the shape?



- 10) The time is 10:20am. What will the time be in 2 hours?
- 11) What is the missing number in the sequence:
39, 37, 35, 33, 31, _____
- 12) $4 + 9 + 6$
- 13) Write down the number four hundred thirty-six
- 14) What is the total of all the coins?




- 15) The date is April 28. What will the date be in 5 days' time?
- 16) How many cm is 6 meters?

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Name: _____

Christmas Riddles



Match the each Christmas riddle on the left to the correct answer on the right.

1. _____ What do Santa's elves learn when they go to school?	a. A cookie sheet
2. _____ What does a gingerbread man put on his bed when he goes to sleep at night?	b. Santa Claus walking backwards.
3. _____ Why are Christmas trees bad at knitting?	c. The elf-abet
4. _____ Who says, "Oh, oh, oh!"?	d. They're always dropping their needles.
5. _____ Which elf is the best singer at the North Pole?	e. Santa Jaws.
7. _____ Who brings presents to baby Sharks?	f. Frosted Flakes.
8. _____ What's black and white and red all over?	g. ELF-is Presley.
9. _____ What do snowmen eat for breakfast?	h. Santa Claus covered with chimney soot.

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