

THE UNTOLD TRUTH ABOUT
5TH GRADE: ESSAYS

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An Anthology of Research-Based Essays
by 5th-Grade Students from Edna Cohen School / P.S. 90
Brooklyn, NY

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Winter - Spring 2018
with
Teachers & Writers Collaborative

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ACKNOWLEDGMENTS

This residency was sponsored by New York City Department of Education and Teachers & Writers Collaborative (T&W).

T&W programs are made possible in part by the National Endowment for the Arts, the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature, and public funds from the New York City Department of Cultural Affairs in partnership with the City Council.

T&W is also grateful for support from the following:

Amazon.com, Aroha Philanthropies, Bay and Paul Foundations, Bydale Foundation, Cerimon Fund, Charles Lawrence Keith and Clara Miller Foundation, Con Edison, E.H.A. Foundation, Hans and Ruth Cahnmann Family Fund, ING Financial Services, Jerome Foundation, Kenneth Koch Literary Estate, Laura B. Vogler Foundation, Leonore Gordon PD Arts and Wellness on the Go Fund at Stonewall Community Foundation, Manhattan Borough President Gale Brewer, Mary Duke Biddle Foundation, New York Community Trust, Rizzoli, Rockefeller Brothers Fund, Simon and Eve Colin Foundation, Solon E. Summerfield Foundation, Wells Fargo, William T. Grant Foundation, and friends of T&W.

A Teachers & Writers Collaborative Publication

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INTRODUCTION

“Life is always hard, but when I started writing, I felt something different, something changed.”

~ Valery L., Ms. Chat’s class

The Untold Truth About 5th Grade: Essays is an anthology of research-based essays written by the fifth-grade students of P.S. 90. The title is sprung from a cheeky cohort of students looking to delight in what is otherwise considered (by your average fifth-grader) a dreary obligation: ugh, essays. My primary objective as writer-in-residence was to dismantle the resistant assumptions that make research essays unapproachable, and unleash the joy inherent in any genre of writing that liberates the authentic voice.

Central to the process was a thorough investigation of source material and text – what does it mean to gather research, and how does that information inform a writer’s choices? Citing sources, articulating questions, and synthesizing material was central to our work together.

The residency was broken into three sections, integrating academic material students were learning in other areas specific to the fifth-grade curriculum: Early Explorers/Colonialists, Ecosystems, and Health & Nutrition. Each essay and correlating research was designed to cater to the subject. Our history essays, for example, involved a number of articles and textbook excerpts that revealed all history has perspective. As writers, students had to be conscious of where their information was coming from, and in so doing, claim an individual perspective with greater awareness and deliberation. For the ecosystem essays, students worked collaboratively to research the various aspects of an ecosystem of their choosing, looking to pictures and descriptions to accurately portray the environment, and how human beings engage with that environment. Finally, on the subject of health, students were tasked to compose argumentative essays wherein they provide evidence to back a claim regarding what they believe is the key to a healthy lifestyle. Research for these included everything from articles, posters, and videos to parental advice.

With three essay drafts under their belts, students chose one that resonated with them most, one they wanted to return to and work on

further – to rewrite, edit, sculpt more thoroughly. Those chosen essays are the ones published here.

None of this could have been made possible without the tremendous support of my glorious collaborating teachers: Ms. Chat, Ms. Rust, Mr. Escobar, and Mr. Fries. My hat's off to you! I feel so grateful to have landed alongside teachers so fully committed to the well-being of their students and always game to play, work, and keep vibes copacetic. And none of this would have been made possible without the determination and chutzpah of Principal Hawkins – I feel so grateful to have worked with a leader who understands the importance of this work.

And last – but certainly not least! – a shout out to the fifth-grade class of 2018. You are a clever bunch and it's been a delight to witness your growth. Remember, to write is to speak to a compassionate listener.

Alice Pencavel

Spring 2018

5-308 – Ms. Chat’s Class

Amy G.
Makayla A.
Angela A.
Claudio F.
Renat R.
Evelyn O.
Murad S.
Raymond M.
Eliezer P.
Gabriel C.
Gabriel L.
Habiba F.
Mohammad J. A.
Elder C.
Giselle G.
Stephanie H.
Issac E.
Jizelle M.
Joana C.
Laylah F.
Nely M.
Nora F.
Alyssa C.
Sayam W.
Tayyaba G.
Valery L.
Rachel K.
Meriam M.
Celines V.

Amy G.

Deep Sea Ecosystem

My ecosystem is the deep sea. Some animals that live in the deep sea are lantern fish, giant squid, nautilus, sperm whales, oarfish, viper fish, vampire squid, six gill sharks, dragon fish, angler fish, and more. The plants that live in the deep sea are seaweed, phytoplankton, sea lettuce, posidonia, and more. The sea smells fresh and fishy because of all the fish. I infer that the deep sea tastes salty and fishy. The deep sea looks so deep that you wouldn't be able to see the surface of the sea. The sea looks wavy because the water makes waves and then it makes the water go wavy. The way I found all my animals' names was in the section of images. The website where I found my plants was <https://deepseabiome.weebly.com/plants.html>.

Now let's talk about the human impact on the deep sea. The oceans cover 71% of our planet, with over half with a depth greater than 3000 m. "We know that the deep ocean contains a diversity of habitats and ecosystems, supports high biodiversity, and harbors important biological and mineral resources. Human activities are, however, increasingly affecting deep-sea habitats, resulting in the potential for biodiversity loss and, with this, the loss of many goods and services provided by deep-sea ecosystems." The website I found this information was here: www.sciencedaily.com/releases/

Makayla A.

I think being healthy consists of drinking water, eating fruits and vegetables, and exercising. I think this because if you do all of these things you would be in good shape.

I say that drinking water, eating fruits and vegetables, and exercising would help you have a healthy lifestyle. I think this because drinking water would help you to not be dehydrated. Eating fruits and vegetables will help your body grow and be healthy. Exercising would help you get in a better shape if you're not already. Exercising is completely optional, unless you actually need it. If you just like the way you look after you exercise then that is perfectly fine. Exercising helps you feel a little better. Also, whatever makes you feel good is the key to a healthy lifestyle.

A healthy lifestyle is what makes you happy. Like I said, going to the gym would contribute to a healthy lifestyle. I think this is because when you finish going to the gym you will feel tired but also feel pretty good if you make sure that you have water with you so that you won't get too tired because you know that you are going to be in a good shape. Things like this will help you feel good because you know that you are ok with yourself physically and possibly mentally too.

You need to do all of the above so that you can be mentally and physically well. Eating your fruits and vegetables will help your mental health. Drinking water will also help your mental health and your physical health. Going to the gym will also help your physical health so that your body can be healthy and able to grow. This is why going to the gym, eating fruits and vegetables, and drinking water helps you have a healthy lifestyle.

A healthy lifestyle is whatever you think it is. As long as you are going to the gym, drinking water, eating healthy foods you would be living healthfully. In conclusion, being healthy is what you make out of it. This is my honest opinion on being or living a healthy lifestyle.

Angela A.

Sonoran Desert Essay

The ecosystem I am going to talk about is the Sonoran Desert, which extends from Arizona and California into parts of Mexico. This Mexican desert is unique in that it receives more rainfall than any other desert, which allows the Sonoran Desert to be home to a variety of different types of animals. This information comes from the website: trails.com, so if you wish to see more about animal facts, please visit the website. Thank for your time, now on to the facts.

Let's start with bobcats. A bobcat is a wild cat, but resembles a house cat more than any type of jungle cat. The only real difference is that a bobcat is significantly bigger than your average house cat. These cats can weight up to 20 pounds and reach 4 feet in length. Bobcats of the Mexican desert tend toward a color that combines orange with black, brown, and white.

Now we should start to talk about plants. We should go with the more common plant: cacti. Cacti are beautiful plants that catch water and hold it inside, although it does not need as much water as other plants. What a strange plant...oh, and that is not the only nice thing about cacti! Cacti also grow flowers that are absolutely beautiful. I have seen one before. The flowers are light pink, but I would rather you not try to pick the beautiful flower, for cacti have a lot of spikes. So, if you are planning to go to the Sonoran Desert, I hope you have a nice trip and make new discoveries on different animals and plants.

Claudio F.

THE HEALTHY LIFESTYLE

I think a healthy lifestyle means to eat well, and drink well – not drinks like soda, but smoothies with spinach, and bananas, and strawberries, stuff like that. Also, I think walking every day helps to lose fat. Also, to run 3 miles, 4 times a week. And eating an egg with spinach. Also, go to the gym and work out 5 times a day. Also, do not stay in your house all day. Go outside and do something to lose the junk food that you were eating.

When you run outside, first drink a protein shake, then you can run outside. Also, do not eat junk food all the time. Eat rice with egg and chicken and beans, and don't eat pizza all the time. You can eat it sometimes, not all the time. Eating healthfully can make you more active more and maybe increase your life span. Also, if you eat junk food a lot all the time you can gain more weight and it can give you diabetes and that can kill you and you do not want that, right? So eat healthy.

In conclusion, what I think a healthy lifestyle is eating healthy and drinking stuff that is healthy. That's what I think a healthy lifestyle is to me. It may not be for you, but it is for me. And drink a lot of water.

Renat R.

The Wonders of the Sea

Many fascinating animals roam the deep seas - animals such as jewel squid and phronima. Different layers of the sea have different effects. The oxygen level is different when you are deeper in the sea. The lower you go, the lower the oxygen level. I infer that the deep sea smells like hydrogen peroxide because H_2O_2 is caused by heat from above the sea. The deep sea also has many different corals and foods for the animals living there. There are many species of animals and plants, like squid, fish, and coral. Coral comes in many different colors. Did you know coral is made of the same material as eggshells? Many things live in the sea. The deep sea is a very fascinating place!

Human activities are affecting the deep-sea habitats. Many goods and services provided by deep-sea ecosystems are being destroyed. The main human impact affecting deep-sea ecosystems was the dumping or disposal of litter into the oceans. This still happens today. The deep sea provides us with many wonders. Will we ever know what really goes on down there?

Evelyn O.

Tundra 😊

The ecosystem I chose to write about is the tundra. Either the tundra smells like raw fish because of the fish in the water swimming around, or like nothing because snow and ice have no smell at all. The types of animals that live in the tundra are reindeer, polar bears, arctic foxes, and many others. The tundra feels cold. The Arctic is mostly in negative numbers such as -10 degrees. It will probably sound quiet with the sound of animals, the sound of the wind blowing, and a slight ringing in your ears. There are few plants in the Arctic because there is barely any sunlight, and it is too cold for the plants to grow in the Arctic. Unless there is a special type of plant. The tundra looks very beautiful and icy because of all the snow and ice in the area. It can be like a winter wonderland.

Humans also have an impact on the tundra. Oil spills can kill wildlife and significantly damage the tundra ecosystems. “Building roads puts heat and pressure on the permafrost, causing it to melt. Invasive species push aside native vegetation and reduce diversity of plant cover. The melting of permafrost as a result of global warming could radically change the landscape and what species are able to live there. Ozone depletion at the North and South Poles means stronger ultraviolet rays that will harm the tundra.” People should be careful when visiting the tundra, otherwise something bad like this will happen to the Arctic, and we don’t want to put any animals or other stuff in danger.

Murad S.

Plunge into the deep sea, 11,000 feet underground, the pressure plugging your ears, the geysers gushing in your face. You see complete darkness, you smell the salt in the water and then a look flushes over your face as you realize you are in the marina trench. Near the Gulf of México, the deepest point of the ocean known to man, you see creatures like the angler fish and their little lanterns, bottom feeders, and mantis shrimp of all types. This was researched by *National Geographic* who went into this mysterious, biodiverse ecosystem.

Human impact on the deep sea is treacherous. Some exploit oil or food by fishing; whatever it is, people always exploit the resources from the deep. Most of the human impact made by something except exploitation is littering, mostly bottles and other plastic objects that end up in the marina trench. Some bottles are thrown into lakes or rivers, which causes them to end up in the marina trench near the Gulf of México. This cause the bottles to float down to the bottom of the trench because it takes thousands of years to dissolve micro plastics. These micro plastics can then go into other water ways and then end up in bottled water, which can cause harm to the environment and humans. These are just some of the human impacts on the deep sea.

Raymond M.

UNDERWATER VOLCANOS

The ecosystem I chose is the underwater volcano. The reason I chose this ecosystem is because people think there are no living species in an underwater volcano. In an underwater volcano there are living species, such as the scalloped hammerhead sharks, silky sharks, and six gill stingrays. Some people say this is false, but according to scientists, they say that this information is real. In the ecosystem I chose, it smells like smoke. The reason it smells like smoke is because the volcano's lava is hot with fire and the water is putting the fire out and it turns into smoke. Also, an underwater volcano feels like a huge rock that has lots of bumps on it. I think that an underwater volcano is very cool because it has fire and smoke coming out and an underwater volcano is very unique. One fun fact I want to share with you is that "products that erupt from submarine volcanoes settle on the bottom of the ocean and help to shape the ocean floor," as I read in [study.com/academy/lesson/underwater-volcano-facts-lesson-for-kids.html](https://www.study.com/academy/lesson/underwater-volcano-facts-lesson-for-kids.html). That's what my ecosystem smells like, looks like, and feels like, and also what lives in an underwater volcano.

The human impact on underwater volcanoes is that if humans keep on causing global warming then more underwater volcanoes will erupt. According to thebulletin.org/climate-change-could-increase-volcanic-eruptions11357, it says that climate change can cause volcano eruptions. I infer that if we stop global warming then there would be fewer volcano eruptions and fewer people would get hurt by the volcanos. That is the human impact on underwater volcanoes. In conclusion, I learned that global warming causes volcanos to erupt.

Eliezer P.

Desert Biomes

In remote areas of the Earth there are dry parts called deserts. There are plants and animals that live in this ecosystem. The animals are coyotes, peccaries, tarantulas, scorpions, ring tailed cats, antelope, skunks, mule deer, boars, and in some places, lions and elephants. As said in the article, there is an abundance of animals that support the desert's population of hawks, falcons, owls, roadrunners, buzzards, and eagles. In the desert it is hot, which means the animals can survive with little water. There are also plants in the desert. Some types of plants are barrel cactus, brittle brush, chain fruit cholla, creosote bush, crimson hedgehog, desert ironwood, Joshua trees, and jumping cholla, which is found in the article from Blue Planet Biomes. One fun fact about these plants is that they all live in the same place on the same desert. This ecosystem is very interesting because it is a risky home for animals and plants who live in a desert.

In the desert there is a high amount of human impact. Humans have impacted the desert biome so much that they have polluted the atmosphere. This affects all the biomes, including the desert. People have hurt the desert by drilling for fossil fuels like oil. According to Human Impact it says, "This causes pollution and is harmful to the animals living near the oil wells. Humans have also taken sand from the desert and hunted animals from the desert. Because of this, several species of animals have been endangered or even extinct! If this continues, the desert may not have any life." I got these facts from Human Impact on Desert Biomes.

Gabriel C.

A Healthy Lifestyle

In my opinion a healthy lifestyle means making sure you get enough exercise. Also, to eat healthy food. For example, eat as much as fruit as you can. And get up and get some walking. In the article “Physical For the Body,” it says walking is good for you. Also, my parents told me that walking is good for you, and it does make me feel good.

Eat a lot of vegetables and fruit. You need to stop watching TV and go outside and have some fun with nature. Go outside and get some air from nature. Go play outside or run some laps around the park.

Do something like walking or running or skipping. Just try to move your body to make your heart beat.

Drinking water is so good for you and your body. So start eating fruit, for example, strawberries, blueberries, peaches, mango, melon, watermelon, kiwi, and apples. Also any other type of berries. So you better get some exercise because it is good for you. And start eating your fruits because it is good for you and for your body.

Gabriel L.

Being healthy means many things. Being healthy means to have a balanced meal every day. Try not to eat a lot of junk food every day or it will put a lot of cholesterol in your body. But you can eat it once in a while. You need to exercise sometimes too so you could have a fit body instead laying down all day.

Eating vegetables is the best thing to eat. It's a food that you have to eat. There are other things such as fruits, dairy, wheat, and much more.

Washing your hands before you eat is something you have to do. If you don't you could get germs in your body and be sick.

Habiba F.

A Healthy Lifestyle

I think a healthy lifestyle consists of eating carefully and watching what we eat. I think that we should eat vegetables and fruits more than we eat all the junk food. People think that there is nothing else to eat except burgers, pizza, chips, juice, and candy, but that is not true. We have fruits and vegetables to eat. Sure, we can eat junk food once a week. But a healthy lifestyle doesn't mean all about food. It also means going to sleep on time, having a positive self-image, spiritual wellness, and a lot more. It will be really hard for us to concentrate on things if we don't get enough sleep. If we take a walk every day then we will be fit and strong. One reason that I have for saying this is that I go for a walk every day with my grandma to Key Food (it's a grocery store). Also, my mom showed me a picture of a girl who always ate junk food and barely eats vegetables and fruits. I felt so bad for that girl – she got diabetes and blood cancer because of that, and the doctor said there is too much sugar and fast food in her body. One last example is that my mom always makes me and my brother and sisters sleep at 9:00 on weekdays and at 10:00 on weekends. She says that before we always used to sleep at 1:00 or 2:00, and because of that our concentration was low and we used to get tired so easily.

"Healthy living" means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health are closely linked, so that a change (good or bad) in one directly affects the other. "Sleeping helps regenerate your brain cells," so if you don't get enough sleep for a long period of time, you will die. For one day without enough sleep, you feel like losing yourself, and it gets stronger if you continue to not have enough sleep. Also no one would want to live a life that is healthy because we think it is nothing, but it is. Probably not right now, but later on everyone will agree with me, and will come to help me make everyone's life healthy.

Mohammad J. A.

In my opinion, I think one key to a healthy lifestyle is sleep. Some people in America have sleep deprivation, which means they get little sleep. I know this because my mom told me that during sleep your body is resting to get energy back. She also told me that when you sleep your skin heals, and wounds seal up during sleep. And last but not least, according to the internet, sleep is critical, sleep deprivation may cause depression, hallucination, and mental instability (aka you may become deranged or crazy).

You should eat good stuff like apples, lettuce, and tomatoes if you want to be healthy. Eating stuff like fruits and veggies helps you lose weight, feel good, and let you do you want, like play outside and other stuff. This way, you will not die before the age of 60 by “natural causes,” (you’d think I was kidding, I wish I was...). By “natural causes” I mean cancer, heart diseases, lung diseases, obesity, organ failure, etc. I know this since 1.) my mom told me, and 2.) I learned this at school, and 3.) the magical INTERNET.

And the last key to a healthy lifestyle is mental health. Mental health is gained by 1.) getting the last key, and 2.) being nice. If you are nice and have plenty of human contact, your mind will be GOOD. If you have no mental health, you will not see normal (hallucination), you will not act normal (deranged), and you will not think normal (insanity).

Well that’s all folks ;)

Elder C.

HEALTH ESSAY

I think a healthy lifestyle includes eating healthfully and exercising, which helps you lose a lot of fat. This lifestyle will give you a higher chance of not getting sick or a disease. You will feel so much better. And you can accomplish more things and get more things done. And you will feel better. If you are overweight you can get heart disease and die. And you can get tired quickly.

When you are fit, you will feel good, but if you are overweight you will feel tired and not do as much work. And sometimes be lazy, like me. But even fit people are lazy too. And when overweight, you are not as fast as any of your friends. But some good things people that are overweight can do are go to the gym and lose some weight and feel good about yourself. And that is my health essay.

Giselle G.

In the story, I found out that people had some diseases such as malaria, dysentery, yellow fever, and smallpox; and scurvy caused lots of deaths on the ship. Also, some of the workers jumped off the boat so that they would not be tortured. In good weather, life on a ship during the Age of Exploration was difficult. The unsanitary conditions could lead to rapid spread of disease. This is why people should not give up what they have and join life on a boat. When explorers encouraged new people they exchanged diseases as well as goods. Also, diseases such as influenza and smallpox caused untold deaths among Native Americans.

Diseases such as malaria, dysentery, and yellow fever caused many deaths among ship crews. While underway, a sailor's work held some real hazards especially climbing the shroud lines up to the yards and standing on foot-ropes working thirty to fifty feet above the deck. Sails could be furled and reefed. A fall from the yard was almost always fatal whether the sailor fell into the sea or onto the deck. If he fell into the sea he usually drowned before the ship could rescue him. And this is why I think you should not waste your life on a boat being miserable.

Stephanie H.

History Essay

One quote I found in the text is, “within a few days, the people began to die very fast and many in short space.” I also learned from the text how the sailors lived, and met people in the New World. They also heard new languages and they learned it too! Another is that they found out that the Native Americans were great hunters. And productive famers. They had a lot of metal tools to cook with and protect themselves.

They also made them into slaves! As early as 1585, English explorer Thomas Harnot observed how Europeans visited the small villages of coastal North Carolina. Indians were killed by the explorers. As English, French, and Spanish explorers came to North America, they brought tremendous changes to American Indian tribes. Europeans came to the “New World” of North America in the 1500s. They came to this continent all at once.

Isaac E.

Opinion on Health

I believe being heathy means to eat and act healthfully. I believe this because I saw a video and it talked about eating right and exercising daily. Another reason I believe this is because I read an article on Newsela that you have to eat and act healthy to live healthier. I believe that eating and acting is the key in an article I read on livestrong.com that says, “Good nutrition and daily exercising makes a healthy lifestyle.” This is what I think is a healthy lifestyle.

I also think that a healthy lifestyle is made of mental wellness as well. On healthylifestylesliving.com, they say you need proper stress management. Also, you need to laugh and experience happiness. The last detail they say is you need emotional wellness for a happy and healthy life style. These two paragraphs are what I believe a healthy lifestyle is and why I think a healthy lifestyle should consist of.

Jizelle M.

I think being healthy every day means that you should stay healthy and eat good things like fruits or vegetables. Also, I think that you should work out. For example, you could run or you could do jumping jacks and push-ups. Some healthy things you could eat include peas and rice and water. Work out and drink a lot of water, and lay off all the candy, the soda, and fast foods, and then you will become stronger and healthier. Eating healthy can help stop cancer and other sicknesses. It can help you in the future as you get old.

Also you should go to school and learn more about being healthy because it is important. Your life is important. You need to take care of your body; if you don't you will not be healthy or strong. Also, if we recycle we could help the earth be a better place! Overall, being healthy means eating well and making good choices.

Joana C.

I think being healthy means eating well and working out. But wait — healthy doesn't mean you can't eat sugar or junk. You can still eat that. The only thing is you can't eat that much sugar and junk. Being healthy is how you take care of your body, and what you eat is your decision. Making smart, healthy choices for today and for your future. One thing is if you are healthy it makes you happier. Also, if you're happier you will have a great day.

You guys know that if you eat a lot of junk and not that much healthy stuff like fruit or vegetables, you can get diseases, diseases you can die of, such as heart diseases, lung cancer, and also some other diseases. And if you eat a lot of junk and die, you will not be able to live with your family. Being healthy also means that you do not smoke or do drugs or something else that is not good. Because then you can also die. For example, if you smoke you can also die because the disease you will get is lung cancer or maybe something else. That is why being healthy is good for your body. If you are healthy, then you will have a happier life, and you will still be with your family, and you will not die. So stop doing all those things and be healthier and happier.

Laylah F.

I think a healthy life style is when you eat healthy things such as: broccoli, green beans, salad, spinach, and more. Also, I think that running and walking about 10 miles a day is very good for your body. If you're really fat and you're looking to lose weight, run for about 10 miles. In addition, I think making your own oat and honey muffin is healthy too. And you can decorate it with your fruit in your house.

Eating healthy is the right way to lead your life. Also I think making your own tomato soup is very healthy too. Mayonnaise is not good for you, especially if you eat it alone with nothing to go with it. Lastly, I think eating healthy is the right way to go. It is better to be healthy than lazy. This is why eating healthy will help you feel better and will make your body stronger and skinnier!

Nely M.

“Mexican Desert 😊”

There are many ecosystems around the world. The ecosystem I would like to explain is the Mexican desert. The deserts in Mexico have so many different types of animals, plants. The climate however is pretty hot, like most other deserts.

The climate of the desert is dry, with only one rainy season in the summer, and smaller amounts of precipitation in early winter. Most of the summer rain falls between late June and early October. There are also many plants in the deserts. Some desert plants are barrel cactus, brittle bush, and more. There are also many animals that live in the desert. Some animals that live in the desert are: bobcats, coyotes, Mexican wolves, and banded gila monsters.

I love this ecosystem. I would like to visit it. This is what this ecosystem (Mexican deserts) is about.

Nora F.

I think a healthy lifestyle would be running at least 20 minutes a day just to be fit. When you run it helps you burn off calories. Eating healthfully can give you a happy and healthy body, and happy and healthy mind. So when you run and eat well, you are making your mind happy. If it makes your body hurt, take a little break, then continue running. Eating bad things can make your mind bad, and not exercising could damage your brain. If you think you are doing the right thing by eating bad and not exercising, you are hurting yourself which can give you diabetes.

When you eat healthy, you are giving yourself protein, which is healthy. If you ask a doctor they will also tell you that. When you eat healthy you are giving and making a healthy body for yourself and making your life easier. How many times has the doctor told you to eat healthy? The only reason is to make you healthier than you already are. Your biggest job is to make yourself very healthy by eating fruits and vegetables and running at least 20 minutes a day. When you see models, the only reason they are skinny like that is because they eat healthy and run every day.

Sincerely, Nora F.

Alyssa C.

The Savannah

The ecosystem that I chose was the Savannah. The reason that I chose the Savannah was because the Savannah has a lot of cool features. Savannah plains are usually located on grasslands or frequently in Africa. Some plants that live in the Savannah are red oats grass, star grass, lemon grass, Rhodes grass, and some shrubs. There are many animals that live in the Savannah. The main ones are zebras, horses, elephants, and giraffes. The weather of the Savannah is usually hot. I think that the Savannah looks like a grassland with a few trees and a lot of animals on it, which means it is biodiverse. I think that the Savannah smells like animals and grass. I got this information from my research on KDE Santa Barbara - Kids Do Ecology.

However, there are some negative human impacts on the Savannah. Many people like to hunt animals for food. In the Savannah there are a lot of animals. It's the perfect place to go hunting. Also, there is a lot of destruction for growth of crops. A lot of animals are endangered and threatened. Rhinoceros and zebras are endangered due to hunting. The Savannah is a beautiful place that we need to save

Sayam W.

My ecosystem is a volcano. A volcano smells foul, with traces of sulfur, like the Grímsvötn volcano that “spews gas and ash from southeast Iceland.” I got this from www.science20.com/news. A volcano sounds like loud explosions, bubbles bursting, rumbling, hissing, and roaring like a jet engine. Some plants that thrive near volcanic eruption sites include coffee, grape vines, moss, and the rare Hawaiian argyroxiphium, or “silversword.” Plants use nutrients from the ash and cooled lava to flourish. I found this information on animals.mom.me/type-animals-live-near-volcanoes-5862. The scalloped hammerhead shark, the silky shark, and the six gill stingray these are the animals that live in a volcano. Volcanos have very rare species.

The volcano is a dangerous ecosystem. It is an ecosystem found all over the world. It can be destructive, and a bad thing for the environment. But volcanos are still the coolest ecosystem. I like volcanos. They are so interesting, so cool, and I’d love to learn more about them.

Tayyaba G.

In my opinion, I think being healthy is very important. It can help a body stay away from diseases. It can also make you strong and have a lot of energy. Being healthy has many benefits. Some of them are you won't get tired. You will want to just run a lot. A lot of running is good for you.

I also want to be healthy and strong and full of energy. Being healthy includes eating fruits and vegetables. If you don't like a type of fruit or vegetable there are many types of them. You could eat any of them. Some of the fruits are blueberries, blackberries, strawberries, banana, apple, pineapple, and so many more. Some vegetables are celery, carrots, cucumbers, broccoli, and many more. It's not only eating – you also have to exercise and drink a lot of water. Try to drink as much water as you can.

Water can give you so much energy. You should be drinking lots and lots of water every day. You should also exercise. If you don't want to, don't, but go jogging every day. I love to run. It helps me stay calm. You should try to do yoga. It is also helpful. If you do yoga, it will calm you and you will feel relaxed all the time. You will also know how to control your body.

To be healthy a person also has to stay clean. Take a shower every day and wash your hands before you start eating. You should also go out sometimes for a walk after eating. Bacteria can also harm a body. It can give germs, but you should stay away from those types of things. If you don't want to eat healthy, eat whatever you eat, but eat just a little bit of it each time you eat it.

To conclude, I think being healthy is very important. Some reasons are if you aren't healthy you can have some very bad diseases. Also, you won't have energy or won't feel like moving or doing anything; you will be very lazy.

Valery L.

The Arctic

There are many ecosystems everywhere. In this paragraph I am going to zoom in on an ecosystem known as the tundra, specifically the Arctic. In all the research I have done, I have learned the weather in the Arctic is mostly in negative numbers such as -10 degrees Fahrenheit. Not only is it cold, there are also so many cute animals that live in the arctic, like killer whales, arctic foxes, polar bears, reindeer, and more. An inference I have made is that in the Arctic sounds quiet, mixed with the sound of the animals and the wind. There are no plants in the Arctic since there is barely any sunlight, and it is too cold for the plants to grow in the Arctic. I know this because in third grade my teacher taught us that there is barely any sunlight in the “summer” and in the winter there is no sunlight at all. To give myself better clues about how it looks, based on these pictures, I have come to the conclusion that it is beautiful with many blocks of ice. Most of the information I have included here was found from Google search.

Did you know that people have many impacts on the environment? One example is that we humans are causing global warming and as a result that is melting ice in the Arctic, which is killing animals that live in that environment. We are killing them not only with the help of global warming but with the help of plastic and people that don't know where the plastic is supposed to go and just thought it belongs in the ocean. But that is killing birds that go in the water, since they could get their heads stuck in plastic, and as a result they choke and die. Not only that but since many animals in the Arctic need the ice to survive (such as reindeer), they will die as a result of the ice melting. That's not all. Humans have the biggest effect on global warming, which is very harmful to the environment and we are the reason why animals are dying and becoming extinct and every day one animal dies as a result of what humans are causing. I believe we are the reason why animals are dying. We need to stop hurting the environment.

Did you know that the planet and animals are dying not only because of humans but also because of things? For example cars, which are powered by gas, produce carbon dioxide, which contributes to global warming and global warming, like I said before, kills animals. Not only that, but I have learned that there are solar- powered and electric-

powered cars which are way healthier than using gas, since solar and electric cars don't produce carbon dioxide, which makes them so much healthier than regular gas-powered cars. It has been said that solar power is healthier than any other type of cars at the moment, and that solar-powered cars are healthier than other cars because they are powered by the sun so they won't give out carbon dioxide and therefore they are the healthiest of the cars. But the electric cars are healthier than regular cars because they don't produce carbon dioxide, but they do use electricity that takes a lot of time to make. Still, it's better to use them instead of gas-powered cars.

Rachel K.

Human Impacts on Ecosystem Essay: VOLCANO

There are a lot of ecosystems on this planet; one of them are volcanos. I think volcanos look like mountains with their tops cut off. On the inside, we can see the earth's crust and a lot of lava. When I was researching (on the website Mountain Mystery), I found out that a volcano smells like a jet engine. I looked on Google and found that no animals live next to or in a volcano probably because of the heat and the lava. I can infer that no plants live next to or in a volcano because when it does eventually erupt, the animals and the plants will die. I think that a volcano sounds like explosions and loud pops. This is a very interesting ecosystem because there is very little biodiversity, it is barren. And here's a fun fact I want to share: most of the earth's volcanoes are in the Pacific Ocean, in an area called the Ring of Fire. Overall, volcanos are unlike other ecosystems because they are explosive and do not have many living things.

Humans have increased global warming, which has affected volcanoes in a great way. The heat has caused more eruptions. Global warming has affected sea levels dramatically. Scientists have found out that during these last million years, "the rapid melting of glaciers and the sea-level rise increased volcanic eruptions," (livescience.com). This is because of global warming. It's very dangerous for our and other animals' lives. This is our impact on volcanoes. Another fun fact is that more than 90 percent of Kilauea's surface is covered by lava less than 1,100 years old. According to "Earth Science Beta" a man named Kwinkunks posted, "The closest I can think of is human-induced seismic activity, due to fracking or wastewater injection." Another detail from Kwinkunks is, "I do not know if this could conceivably also affect in any way nearby volcanism." This supports my writing because it shows how we have an impact on volcanoes.

Meriam M.

Sailors had diseases on the ship such as malaria, dysentery, and yellow fever. During the Age of Exploration, if there was good weather life would still be hard. When sailors were working during a storm it was so dangerous. There was a lot of effort made to rescue people. Sailors had to know the rigging well enough to sail in the darkness with cold, numb fingers. I think their toilets were clogged because of all the diarrhea. Also, I think there were a lot of bugs on the ship.

In 1500, the young European explorers came to the New World of North America. When the young European explorers came to the continent it was unknown to them. They had to discover the new land, animals, and plants. According to the article, "European explorers came to the 'New World' of North America in the 1500s. They also met new people in this exciting New World. The Europeans had never seen and heard any languages like this." The young European explorers went to a new continent and met new people, plants, languages, and more.

In conclusion, it has been hard for sailors and young explorers to explore, although they had a good experience.

Celines V.

It was bad for the explorers to get diseases because they were losing their people. Some people would die from working on deck during a storm. Sailors had to work 30 - 50 ft. above deck.

When the Europeans and Native Americans encountered one another, the Europeans killed the Native Americans. The Europeans carried diseases with them. The Native Americans had no immunity to the diseases.

In conclusion, the Europeans killed the Native Americans so they can have land.

5-307 – Ms. Rust’s Class

Edward J.
Zuleima R.
Mahnoor I.
Ashlee R.
Mohammed K.
Lianie L.
Fabian V.
Nathaniel V.
Julian H.
Amira G.
Madison G.
Eric M.
Mia V.
Sawera A.
Xavier F.
Jefferson S.
Bismellah B.
Rico S.
Rotana K.
Karla O.
Nour B.
Samira U.

Edward J.

In my opinion, I believe the key to being healthy is to be fit.

There are two ways you be fit: eating healthfully and working out. Ways to do that are running, jumping, and eating fruits and vegetables. However, without doing those things, you could put your body in trouble and get a heart attack, which could kill you. Also, from being fit, you can gain more speed, power, and health. So get more active if you want to live longer.

Staying active is not the only way you can stay fit. Eating healthy foods can help you be healthy and fit. From eating fruits, vegetables, and also meat, you can get the power you need. However, eating junk food before getting active can be very bad. For example, if you're running and you have eaten too much junk food, you might throw up. So, just know that eating healthy is just as important as staying active.

Zuleima R.

Health

I think a healthy lifestyle means to take care of yourself and what you eat or what you do. If you want to be healthy, get water to drink. You can wake up and make a healthy lunch. Then go run in the park for a little. When you're done going to the park, you can make a little snack for yourself. Being healthy can be hard...for some people.

It can be hard because there are things that get in the way like, a non-healthy snack, getting tired, being lazy, or drinking juice/soda. It is ok if you eat and drink a little bit of non-healthy snack. Being healthy is a good thing. Also, eating healthy things like vegetables, fruit, and no candy...well, only a little...if you want to.

Mahnoor I.

There are many ecosystems in the world. The one that I choose to write about is tropical rainforest. There are lots of animals; for example, butterflies, frogs, jaguars, sloths, and all kinds of birds and insects. There are also lots of different kinds of plants.

Ashlee R.

A healthy lifestyle means being active and going to the gym. Being healthy is good for your diet. To be healthy you have to eat organic, and go to the gym every morning. When you are done eating, play some sports.

Being healthy means to take care of your body. Also, eating junk food is not good for your body. Some people think to be healthy means you can't eat anything and only drink water. But if you don't eat anything, it could cause your body danger. I sometimes see people eating junk food and then later on they throw up the food they ate before.

Mohammed K.

In my opinion, I think that is good to eat healthy foods. When I want to eat, I can eat both, and I want to tell other people that they can.

I think that a healthy lifestyle means good thinking. Teachers help me think. I can tell there are teachers here that have good reasons. Going to school is good, in my opinion.

I have a teacher who has a poster. That poster has a picture and a saying. I think it means to eat healthy food.

Lianie L.

Deepest Ocean

I have learned a lot of things about the deep ocean, like what lives in the ocean: plants and animals. There are a lot of animals like vampire squid, frilled shark, giant isopod, giant squid, viperfish, giant spider, Atlantic wolffish, and wolffish. A lot of plants live there like seaweed, sea grass, kelp, sea grapes, and red algae.

Some people say the deepest ocean feels so deep, it's like the water is dragging you down. Humans have a strange impact on the ocean. It's complicated.

Fabian V.

In my opinion, being healthy is eating healthy foods. I know this because people say it and I've seen it. You should eat good food to stay healthy, or else you won't be.

Nathaniel V.

A healthy lifestyle leaves you fit, energetic, and at reduced risk for disease, based on the choices you make about your daily habits. Good nutrition is very good for the human body.

In my opinion, being healthy means avoiding saturated fats. They are very bad for your body. They make you very saggy, baggy, and weak.

But there are good fats, such as milk and cheese. Those fats are great.

Being healthy means try to play video games less and replace it with daily 60 minutes a day of something else.

I want to change the world to a better atmosphere, and reduce pollution.

Julian H.

A healthy lifestyle is eating healthy, which means fruits and vegetables, and a lot of water. Also stay hydrated and be active every day. I think you should not eat hamburgers. No French fries, and don't drink a lot of soda. Instead, try eating well. You have to stay very hydrated so you have a lot of energy. Healthy is being strong. Go to a gym and exercise for about two to four hours.

Next, you have to work out so you can lose some calories. Eat corn, cucumber, and water. Stay healthy so you can be strong. Be active so you could be happy, healthy, and alive.

Amira G.

The Age of Exploration

Even in good weather, life on a ship during the Age of Exploration was difficult and not so fancy. Some of the work needed to be done at night. Work on the deck during a storm was dangerous due to the chance of being washed overboard, as the sea spilled onto the deck. The unsanitary conditions could lead to a rapid spread of disease like influenza, smallpox, and yellow fever.

During the Age of Exploration, European explorers came to the new world of North America in the 1500s. They were not the first Americans though, but they were great explorers. They built towns and traded over large distance with other tribes. As the English, French, and Spanish explorers came to North America, they brought tremendous changes to America Indian tribes. The great impact of disease on the native population of America is an important part of the story of European exploration.

Madison G.

A healthy lifestyle is trying to eat healthy and stay physically active, and at least drink three bottles of water a day. I think you should not eat burgers and fries because you could get diabetes or you will get sick and eventually die. You should also try to be healthy for your family, because if one day you do not wake up, wonder what your family would say or feel. They are going to be like, how did she just die like that?

Also, if you feel like you need to go on a diet, you should talk to someone you trust, someone you feel like you could tell anything, and ask them to help you through the diet, and maybe ask them if they want to go on a diet with you. And you can eat junk food once in a while. You can also do it by yourself or with someone, either way. When or if you go on the diet, try to go outside to the park and at least run two times around the track. If you don't have a track you should at least run around your block two or maybe even three times if you feel good after running the two laps. Another way you can stay healthy is eat fruit once a week, or you can eat only greens another week. You should get a personal trainer to help you get healthy. That is my definition of being healthy and trying to get healthy.

Eric M.

Europeans had never seen or heard the languages of the American Indians until they came to the country. They were great explorers. They didn't come to this continent all at once, but over several thousands of years.

Europeans needed workers to help build houses and clear fields. They soon realized that they could offer trade goods like tools and weapons to certain American Indian tribes that would bring them other captured tribes, which started wars. They are now greatly outnumbered by the descendants of the European colonialists, but their strong presence honors their distant ancestors.

Mia V.

DEEPEST OCEAN

There are many ecosystems on Earth. The one I am choosing to write about is the deep ocean.

The deep ocean has plants and animals. Animals that live in the deepest ocean are frilled shark, giant spider crab, Atlantic wolffish pair, fang tooth fish, six gill shark, giant tube worms, and vampire squid. Some sea plants are coralline algae, giant kelp, killer algae, sargassum seaweed, seagrass, and sea grapes. I found this information through online research using Google Search.

Sawera A.

According to the article, the European explorers first came to North America in the 1500s. They were the first Americans and they were great explorers too. They didn't come to this continent all at once, but over several thousands of years. Over time they found ways to live in deserts, forests, along the oceans, and on the grassy prairies.

Native people were great hunters and productive farmers. They built towns and traded over large distance with other tribes. These were the people the European explorers met when their ships landed in America.

A big change connected to this was slavery. Many big changes happened to the first Americans soon after the Europeans met them.

In conclusion, I think that the European explorers were smart people. And their life was a struggle.

Xavier F.

I think being healthy means being fit and active. Being healthy keeps you energetic and reduces risk for diseases. I know this because I read it in the passage *What Does a Healthy Lifestyle Mean?* It states, "A healthy lifestyle leaves you fit, energetic, and at reduced risk for disease."

Being healthy also gives you the opportunity to do more things. If you eat well or live a healthy lifestyle, you won't become obese and fat. In my opinion things like salt, grease, and fast food is not the definition of a healthy lifestyle.

If you want a healthy life style, I recommend you eat fruits, vegetables, protein shakes, and also go to the gym or just take a walk in the park.

Jefferson S.

Life on the ship was difficult because the sailors on the ship had a lot of diseases and the sailors were dying. There were lots of rats and cockroaches. And the sailors were getting sick. If someone fell into the sea, they usually drowned before the ship could rescue them. And the unsanitary conditions could lead to a rapid spread of disease.

The European explorers and colonialists brought diseases to the American Indians. Many big changes happened to the first Americans soon after Europeans met them. In time, the practice of enslaving native people ended.

Bismillah B.

In my opinion, being healthy means to eat fruits and vegetables. It also means to exercise every day. If I eat healthy food I will be strong and energized. If I watch fewer movies, cartoons, and T.V. shows, my eyes won't hurt and I will get more sleep. Watching on the big screen can make us tired and we will get less sleep. We can eat chips, candy and other junk food, but if we eat it every day our stomachs will hurt.

Most people in the world like to eat junk food every single day. My mom tells me that too much sugar can make our teeth crack and parts of it will come off. If we eat healthy food our teeth will be strong and clean. Many people have to go to the dentist because of this. My mom does not want me to eat candy because then we have to go to the dentist and she does not want that.

In conclusion, we all should be healthy and do the right thing. If we do not do the right thing we can get sick and won't get to do many things, and you will be annoyed by the sickness. If you're at school and you get sick by not being healthy you can miss important stuff.

Rico S.

I think a healthy life style means playing sports and eating well. Also, I think being healthy means to not eat junk food and to only eat some junk food a day. My Mom's friend told me, "Some healthy foods are sometimes bad for you." Also, drinking healthy smoothies and water is healthy.

If you don't eat healthy foods like vegetables, you won't be healthy. Examples of a not healthy life style is being lazy, junk food, not going outside, and more. Also, if you eat food constantly.

If you eat healthfully, you will live longer because healthy foods make your body strong and it makes your blood flow, and if you don't eat healthy you won't live long because it doesn't make your blood flow, and it will make you gain a lot of weight.

Rotana K.

Health

I think a healthy lifestyle means you need to drink water always, because the water makes you healthy. Don't eat junk food, and always eat fruit and vegetables because the fruit and vegetables are healthy.

Being healthy means you need to always eat healthy food like fruit and vegetables. Don't eat more candy in a day and drink water always. The water and the healthy food make you not get sick.

Go to the gym and don't eat junk food.

Karla O.

A healthy lifestyle means being active and having a balanced diet. Having a lot of rest is also healthy. If you don't get enough rest you have less energy. Eating a lot of nutrients is important. Nutrients can be found in food like apples, carrots, grapes, tomatoes, and peaches. (P.S. I don't like tomatoes.) It is good to have a balanced diet so you could be healthy. You also need fat in your diet.

You should start your day by walking, because it is a healthy kind of moving. Then have a healthy breakfast like eggs and oatmeal. If you're sitting down all day that is not healthy. You should get up every hour and stretch. You should start young so when you grow up you could be healthy and strong. Being healthy is very important, because if you just lay around all day and not get up for a walk you are hurting yourself.

Nour B.

I can infer life on a ship was not fancy. There were a lot of rats and roaches. Life on a ship was not easy. Lots of people drowned and died before getting rescued.

The Benjamin West painting shows that the first encounters between the Native Americans and the early European explorers were not easy.

Samira U.

In the early 1500s, life on a ship for the European explorers was not easy to survive. The explorers were hungry. It was cold but they never gave up. There were a lot of diseases for example influenza, smallpox, scurvy.

On ship you could tell that not all explorers were clean. On the ship it was really unsanitary. They had rats, cockroaches, mice, and other animals. When the European explorers landed on land which is in America, they did not know it was America.

In conclusion, I think life on a ship was a big struggle.

5-315 – Mr. Fries' Class

Ivan A.
Raga T.
Jose V.
Joshua N.
Joseph G.
Chris Q.
Jordan C.
Awad K.
Noah M.
Reina L.
Jack JB
Dominick M.
Shilah R.

Ivan A.

The rainforest has lots of trees. There are too many bugs in the rainforest. Some people don't go to the rainforest, because of all the rain and water.

Rainforests have a lot of animals, like poison dart frogs, sloths, toucans, boa constrictors, and glass frogs. There are also lots of plants in the rainforest like cocoa beans, orchids, vines, lobster claws, and a plant called bromeliads. I learned a lot about the rainforest by researching on the computer.

Raga T.

Health

Health is important. To stay healthy we need to exercise and eat healthy foods. Some exercises you can do to stay healthy are walking, running, or doing push-ups. It is important to exercise so you won't be weak and become stronger. You should eat healthy foods like salads, vegetables, fruit, and fish. Fruit is healthier than eating candy or chips as a snack. Candy is bad for you because it has a lot of sugar. Eating salads is healthier than eating foods like McDonalds, because there are a lot of different chemicals in McDonalds food. Salads do not have a lot of fat in them.

To stay healthy I exercise, I do push-ups and jumping jacks. I also eat good foods, like salads, apples, bananas, oranges, and carrots. I do not eat food with a lot of fat in them like fries or hot dogs.

It is important to go to the doctor so he can make sure that you're healthy.

Jose V.

Volcano

My ecosystem I am writing about is the volcano. Volcanoes are made when magma from inside the earth comes to the surface. An active volcano is one which recently erupted and has a possibility that it may erupt again soon. A dormant volcano is one which has not erupted in a long time but there is a possibility it can erupt in the future. An extinct volcano is one which has erupted thousands of year ago and there's no chance of eruption. According to the article, "The Earth's crust is made up of huge slabs called plates, which fit together like a jigsaw puzzle. The theory of plate tectonics is a interesting story of continents drifting from place to place breaking apart, colliding, and grinding against each other."

Active volcanoes in the U.S. are found in Hawaii, Alaska, California, Oregon, and Washington. "Volcanoes are grouped into four types: cinder cones, composite volcanoes, shield volcanoes and lava volcanoes." Magma is liquid rock inside a volcano. Lava is liquid rock.

Joshua N.

The ocean is a place where animals live and a lot of other stuff. The water looks black — some water — because a lot of trash is in there. There's a big spot with a lot of garbage. I saw on the news that there was an island in California that was an island of trash, beyond the beach where you can't see it. Here is what I found on the internet: "Every year, 28-billion pounds of plastic ends up in our ocean. Seals get caught in discarded fishing gear and die trying to free themselves. Dolphins mistake plastic bags for their next meal and die eating them. Fish ingest deflated balloons and choke to death."

This is why humans have an impact on the ocean.

Joseph G.

The Rainforest

The ecosystem of the rainforest has lots of types of trees plants and animals. The rainforest is rainy and windy and hot. Some rainforests have waterfalls. The rainforest has big trees, and smells like water. In the rainforest I see green.

In the rainforest, there are tigers, snakes, poison dart frogs, monkeys, birds, and lots of insects. Tigers run fast. And they walk around the rainforest to find food.

Humans can help the rainforest by building animal shelters. It will help them survive. And they can rest in the shelters. In the rainforest it is chilly.

Chris Q.

To me being healthy means exercising and eating healthy foods. Jogging and walking and exercising your arms and legs is good for your health too. And exercising your whole body. Also important is getting rest, like sleeping. It is important to eat healthy foods like broccoli, carrots, potatoes, and fruits like apples, bananas, and healthy greens.

I like to play video games because it makes me feel happy. And feeling happy feels healthy.

Jordan C.

I think being healthy means playing and going to school. I play video games at night, then I go to sleep. This feels healthy because I go to school mostly every day. I think that's healthy because we learn and learning is healthy. It's important.

Every day I go to exercise. I do jumping jacks and push-ups. I eat apples.

I also like to go outside with my friends. We play soccer. We go to the park sometimes before going to play soccer. I like to play defense. It makes me feel good to be there because my best friend is there and he's funny.

My mom and dad help me do my homework. My mom cooks for me. She comes home from work and she's tired. And I make food for her sometimes. Rice and eggs taste good. Sometimes my brother and his friends take us out to Manhattan. Then we go home and go to sleep.

Awad K.

Being Healthy

Being healthy means to eat and drink things that don't have too many calories. You should not eat things with too many calories and sodium and a lot of sugar in it or you could get diseases.

I exercise to be strong like Brock Lesnar. Other wrestlers are strong too.

Being clean means to make your body look good and to get rid of the germs that are inside of your body. Clean your food before you eat it, because there might be germs in your food and it could make you sick. I exercise because you have to, and go outside to run with your dog. At the end of the day you feel happy about yourself that you're healthy.

Noah M.

Rainforest Ecosystem

My ecosystem is a rainforest because there are different animals, and big trees that animals live in. But there can be danger. Predators hunt prey. And there are different habitats that can be destroyed. But sometimes there could be rain. And there could be peace and birds. It is a big forest to explore with different animals. It is fun to see different animals. But predators can be dangerous to prey. Prey are scared of predators because they are weaker.

I feel happy to explore what is a rainforest. A rainforest is not a bad place to camp. But sometimes it rains, so get jackets when you are in a rainforest. Be careful and be safe in a rainforest because you could get hurt there.

In the rainforest there are disasters like people cutting down trees where some animals live. Trees make paper for the earth and for writing. Some people hunt animals in the rainforest. When animals eat prey they get more food when they are hungry.

Reina L.

Ocean Life

The animals that live in the ocean are frilled shark, giant spider crab, six gill shark, giant tube, vampire squid, and Pacific viperfish. The plants that live in the ocean include seaweed, sea cabbage, marsh grasses, coral reef, sea grasses, algae.

The sea looks blue and clear and looks colorful because of the coral reef. The sea does not have sound. The sea smells like salt. The water feels wet.

This is my 2nd favorite animal in the sea. I know that this animal lives in the middle of the ocean and they live there because there are fewer animals there to eat them and animals cannot live in the middle of the ocean because they can hardly breathe. The vampire squid eats the little bits of food that falls from other animals eating. What is weird about a vampire squid is the way they swim away.



My least favorite animal is a great white shark. This is what it looks like. This shark scares me because it can eat you. Another reason I do not like the great white shark is because when someone gets a cut and blood drips in the water, the shark can smell it and track down the person and eat them or hurt them. The animals that live in the ocean are very strange and even dangerous.

Jack B.

The two paintings show different things. In one I see people are trying not to hurt each other. In the other, the people are hurting each other. I think for some people the first encounters between the early European explorers was a good thing, and for other people, the first encounters was a bad thing that made people hurt each other, or die. Diseases also happened on the ship and when the explorers came to land.

Dominick M.

I learned that the explorers were hard on the Native Americans and many died. There were war troubles as well as slavery. The fighting seemed easy, but in the winter it was not, even though they got some weapons to trade for war. Men also died while on the ship.

Shilah R.

Even in good weather, life on a ship was difficult. Work needed to be done at night. Work on the deck during the storm was cold. The ships look like they are going to sink.

What I see in the first picture is people with swords trying to kill others and others are running away from the people with swords. What I see in the second picture is people trading.

I feel like it's unfair because killing people is harmful.

5-306 – Mr. Escobar’s Class

David M.
Natalia C.
Malcolm B.
Anastasia G.
Jayden W.
Jimmi G.
Estefany C.
Alex M.
Fadel I.
Justin C.
Ethan K.
Allison M.
Edwin R.
Alberto F.
Briana A.
Amna B.
Jayden E.
Shiloh H.
Samuel P.
Jayla R.
Elijah S.
Mahdi S.
Ousman S.
Naveah F.

David M.

THE TUNDRA

My ecosystem is the tundra. A tundra is a vast, flat treeless region in the Arctic. According to Google, when I searched about animals, the information I found was that “animals that live there are reindeer, arctic fox, muskox, arctic hare, and cyngini.” According to Google, the plants that live in the tundra include “bearberry, labrador tea, moss, salix arctic, cladonia rangiferina, and a saxifrage cespitosa.” Also, the soil has very little nutrients for plants. In the tundra it looks like there are no trees. The land is home to the animals. One interesting fact is that the word tundra comes from the word tunturi, which means treeless plain or barren land. Also the tundra biome has six weeks of summer. I got my information from Google and Wikipedia.

There was a human impact on the tundra. According to Google it says, “Oil spills can kill wildlife and significantly damage tundra ecosystems. Buildings and roads put heat and pressure on the permafrost, causing it to melt. Invasive species push aside native vegetation and reduce diversity of plant cover.”

Natalia C.

The Cave Ecosystem

When you hear the word “cave” you probably think of a creepy, dark, never- ending hole. Caves are where some creepy crawlies live. Caves have also been the home to certain gems.

Caves have a lot of animals, and they are divided into three groups: Troglobites, Troglaphiles, and Accidentals. Troglobites are animals like the Texas blind salamander, and cave salamanders. Troglaphiles are spiders that live in caves like the wolf spider. Accidentals are (you guessed it) animals that accidentally ended up in a cave by an event that led them to the cave.

There are three plants around the cave ecosystem. They are moss, fern, and liverworts. The plants live at the coolest, moistest place in the cave (which is the cave entrance).

Caves can actually look pretty (if you look in the right places where gems dwell).

Here is a fun fact you probably didn't know about the cave animals: did you know that most animals in caves eat guano? That's bat poop! As disgusting as it sounds, guano is full of nutrients found from the fruits and bugs the bats eat.

Malcolm B.

I believe the key to a healthy life is not eating junk food all the time and going to the gym. I have watched shows that talk about people who are too big to get surgery, so they try to lose at least 200 pounds. The show is called *My 500-Pound Life*. Having too much weight could ruin someone's life.

You can do better by going to the gym, and making healthy smoothies. Also, jogging normally can help you lose more weight. But whatever you do, don't lose too much weight, because you will get skinny. Getting skinny can make you lose muscles, and could ruin your diet. You would be sicker than when you were fat. Always stay healthy, or you will become a fat person. This is what I think could make a person down the road have a healthy life.

Anastasia G.

Marshlands

The living resources that live in my ecosystem are different types of plants and animals. They help each other in many different ways. Some of these animals that live in my ecosystem are beavers, alligators, newts, shrimp, and turtles. The plants that live in my ecosystem are herbaceous plants like grasses, shrubs like rushes, sedges and saltbushes. Also, marshlands have a lot of bugs.

My ecosystem smells like rotten eggs. My ecosystem looks very green and feels slimy. It also feels very gooey.

The living resources that live in my ecosystem help each other live. Beavers cut down trees to make their dams and bugs help pollinate the plants.

Jayden W.

I believe the key to a healthy lifestyle is to go for a walk because it makes your legs stronger and gets more blood pumping through your body. My grandma used to take walks and she said it makes your legs stronger and pumps more blood through your body.

Also, walking is good exercise for your body and legs.

Jimmi G.

I chose to write about the ocean. My ecosystem looks plain with blue land moving forward. Then back with a lot of bumps, which are waves – big waves, small waves, and medium waves. But the back looks like it's never-ending. Some plants and animals that live there are kelp, narwhal, phytoplankton, and cuttle fish. There are a lot of things out there like more fish to explore. Also even more species to identify, more unknown things.

Five animals that live in my ecosystem are killer whales, narwhal, copepod, squid, and seahorse.

Estefany C.

The ecosystem that I chose is the taigas. Taigas look like the forest or like the rainforest. Sometimes it is warm or hot in the summer in taigas. The kind of animals that live there include foxes, lynx bears, squirrel, moose, and red deer. Also there are plants in taigas like moss, pine, white spruce, and hemlock.

The taigas has a long river. Using Google search, I found that animals can be killed by people and used for clothes and shoes. The taigas is a forest biome and extends across a lot of space. The taigas smells like water falling because of the rain.

Alex M.

Being Healthy

Being healthy means running around, eating fruits and vegetables, swimming, and not eating unhealthy foods such as pizza, chips, and soda. Being healthy can help reduce depression and stress and prevent diabetes.

Only play video games, PC, iPad, Tablet, Phone, and iPhone for less than 1 hour. Only drink soda and juice or eat chips, McDonalds, or any type of snack once or twice a month.

Fadel I.

I believe that the key to a healthy lifestyle is to go to gym and work out. Jog 5 days week and eat healthy things such as peppers, carrots, and salad. Only drink water, no soda, and work out. Be active and don't play games 24/7 and go out every day and play sports.

Also, another key to a healthy lifestyle is staying social with friends and family. In a famous story it's called "The 24 Hour Challenge," kids like me don't have phones for 24 hours. Kids like me are addicted to texting. Now they don't have a phone to text so they can talk in real life. Now they feel better. The end.

Justin C.

I believe a healthy lifestyle is eating healthy, going for walks, working out, and keeping in shape. I believe that because if you were not fit you would be very weak and get tired any time you walk to places.

I also think if you eat junk food a lot and not at least one meal with fruits or vegetables, it is not good. I think you should at least have one cup of water or more.

That's why I think being healthy is a good thing. :D

Ethan K.

The Arctic

The Arctic has lots of animals that have lots of ways to survive. For example, polar bears are very vicious and very over protective about their babies. They will eat anything that they could fit in their mouths or have the hunger for. Other animals scavenge or hunt like harp seals, arctic foxes, arctic wolves, reindeer, narwhales, pinnipeds, oxen, and moose, all of which live in the Arctic. My ecosystem looks like a very cloudy place with a breeze of cold.

But if we keep going up there, one day the snowy area will not exist. The gases in the air are killing animals. We are melting the world with our machines.

Allison M.

There are many ecosystems in the world. The ecosystem I choose to write about is the Savannah. The Savannah is a rolling grassland scatted with shrubs and isolated trees.

Edwin R.

I believe that the key to a healthy life style is running or taking a morning walk. A healthy life style is when you eat healthy, like a lot of fruits such as apples, oranges, and pineapple. It is good to run because when you sweat you lose weight. I believe that because my brother said that when you play or run around we sweat and we can lose weight. It is also healthy to eat broccoli, carrots, salad, and pickles.

When we are healthy, we need to not eat fat food. Food that has no sugar is best. Do not eat candy or anything that tastes like sugar. It is good to work out with the weights, do some push-ups, and go to the gym. Also, go to the park and run some laps. Go run around the whole park and just run.

Alberto F.

My ecosystem is tide pools. Some of the animals that live in tide pools are star fish and other animals that live in the water.

My ecosystem looks like a pool, but with rocks and star fish. Some of the plants that live in my ecosystem are sea potatoes and sea palms.

One interesting fact about my ecosystem is that you can actually swim in some tide pools.

Briana A.

When the early explorers/colonialists first countered the Native Americans, they were also the first Americans and they were the great explorers too. They also met new people with fascinating ways of life that the Europeans had never seen and languages they had never heard. Europeans carried a hidden enemy to the Indians (new diseases). According to the article, "The great impact of diseases on the active population of America is an important part of the story of European exploration."

Amna B.

When the Europeans come to America they brought new trade goods. According to the article, “Native hunters were eager to trade prepared deer hide and other pelts for tents or colored cloth.” The valuable new resources were metal tools such as axes, hoes, and knives.

Jayden E.

My first fact is short. A poor diet could lead to malnutrition also known as less nutrients or scurvy, which is caused by lack of vitamin C. My second fact is the ship is unsanitary because in the text it says, “Rats carried diseases.” My third fact is the ship is in a very bad condition. To support my answer I got evidence. The interior is wet. The inference is that I think the ship is bad.

Shiloh H.

Today we call the first Americans the American Indians. They were the first Americans and they were great explorers too. According to the article, “A big change connected to this new trade was slavery.” American Indian tribes would take them and other Indians captured in tribal wars. Ten Native Americans survived the war.

Many big changes happened to the first Americans soon after Europeans met them. “But Indian people survived diseases, huge shifts in their cultures, and even the destructive slave trade. However, it had greatly affected American Indians of the south and the south west. In time, the practice of enslaving ended.”

In my opinion I think this passage is good to know because it is interesting.

Samuel P.

The early European explorers came to the United States because they were looking for gold. But they brought a lot of diseases.

Jayla R.

I will tell you about my three facts and one inference. One fact is that the European explorers would get numb fingers because of the cold winds on the ship. Another fact is that they had a lot of rats, bugs, and cockroaches on the ship. The last one is that they were getting washed overboard. My one inference is that they probably had to leave their home and even though they did not want to.

When the European explorers came to North America they gave diseases to the North Americans. They also traded goods, and some of the food the Europeans gave to the Americans was cows, pigs, and horses. Some of the goods that Americans gave to the European explorers were cocoa beans, beans, and patova.

Elijah S.

There were lots of rats on the ship and it was very hazardous, but even in good weather, life on the ship was still difficult. One detail is, "Diseases such as malaria, dysentery, and yellow fever caused many deaths among ships." I think that life on the ship was terrible.

Trade was a big change for Native Americans and early European explorers. Without that, nothing would be the way it is today.

Mahdi S.

The ships had roaches and rats. There were diseases. The water was cold. The ships in the pictures look like they are exploring something.

When the European explorers came to the “New World” of North America they spread diseases. According to the article, “This means that only one in ten Natives survived this hidden enemy.” There are a bunch of people are now living in the United States, and, “Their descendants are the 2.5 million Indians who live in the United States today.” People in North America and Europeans traded food so they got what they wanted.

Ousman S.

European explorers came to the New World of North America in the 1500s. This New World for Europeans was actually a very old world for the various people they met in North America. Today we call those people American Indians.

Neveah Ferguson

The ecosystem I chose is an estuary. An estuary is a line that separates the ocean and river. Animals that live in estuaries are fish, shellfish, worms, opossums, skunks, and reptiles. Some plants that live in estuaries are seagrass, mangrove trees, searush, and juncus. An estuary looks like a body of water.

Humans impact estuaries by using pollutants, which has a great impact on the health of estuaries. This includes toxic substances like chemicals and heavy metals, nutrients, proteins, or eutrophication, and pathogens such as bacteria or viruses.