

## Exercise: Vocab Expansion

In the spaces provided next to each word, write the words that have a similar sound, but a different meaning.

1. To \_\_\_\_\_
  2. Their \_\_\_\_\_
  3. By \_\_\_\_\_
  4. Stationary \_\_\_\_\_
  5. Steak \_\_\_\_\_
  6. Brake \_\_\_\_\_
  7. Course \_\_\_\_\_
  8. Horse \_\_\_\_\_
  9. Hole \_\_\_\_\_
  10. Peace \_\_\_\_\_
  11. Stair \_\_\_\_\_
  12. Hear \_\_\_\_\_
  13. Know \_\_\_\_\_
  14. Your \_\_\_\_\_
- 

Within the fun and nonsensical poem below, you'll find several misspelled words. Once you find them, cross them out and write the correctly spelled word on the line provided.

Do you here it? \_\_\_\_\_  
It's the sound of piece. \_\_\_\_\_  
The clouds look stationary \_\_\_\_\_  
And the thunder has seased. \_\_\_\_\_  
I run down the stares \_\_\_\_\_  
I smell the sizzling stakes \_\_\_\_\_  
But then I stepped in a whole \_\_\_\_\_  
OH NOW what did I brake? \_\_\_\_\_

# US Trivia Challenge



Use the map on the screen to help you determine the answers to the various trivia questions related to the United States.

1.) \_\_\_\_\_

2.) \_\_\_\_\_

3.) \_\_\_\_\_

4.) \_\_\_\_\_

5.) \_\_\_\_\_

6.) \_\_\_\_\_

7.) \_\_\_\_\_

8.) \_\_\_\_\_

9.) \_\_\_\_\_

10.) \_\_\_\_\_

11.) \_\_\_\_\_

12.) \_\_\_\_\_

13.) \_\_\_\_\_

14.) \_\_\_\_\_

15.) \_\_\_\_\_

## US Trivia Challenge

16.) \_\_\_\_\_

17.) \_\_\_\_\_

18.) \_\_\_\_\_

19.) \_\_\_\_\_

20.) \_\_\_\_\_

21.) \_\_\_\_\_

22.) \_\_\_\_\_

23.) \_\_\_\_\_

24.) \_\_\_\_\_

25.) \_\_\_\_\_

26.) \_\_\_\_\_

27.) \_\_\_\_\_

28.) \_\_\_\_\_

29.) \_\_\_\_\_

30.) \_\_\_\_\_

#1 - WHICH OF THE FOLLOWING ALCOHOLIC DRINKS ORIGINATED IN MEXICO?

- A. RUM & COKE
- B. SHERRY
- C. TEQUILLA
- D. WHISKEY SOUR

#2 WHO LIVED IN NEVER NEVER LAND? \_\_\_\_\_

#3 WHO HAD ADVENTURES IN WONDERLAND? \_\_\_\_\_

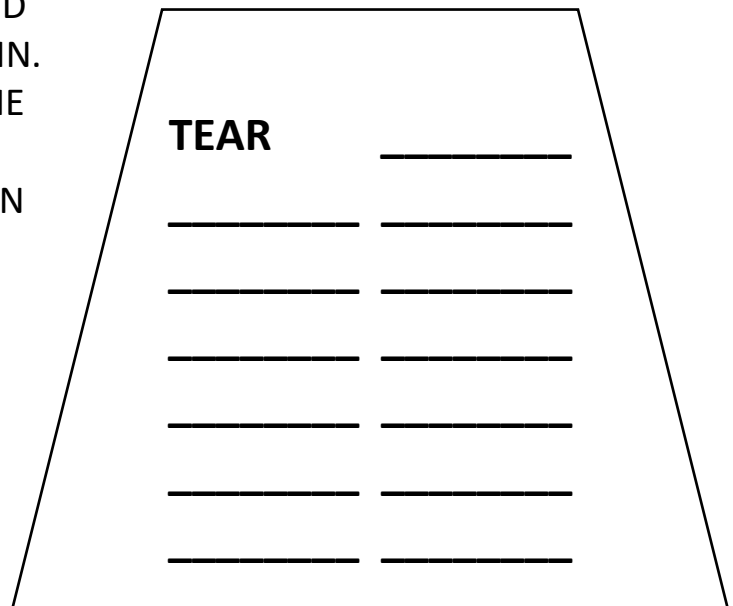
#4 WHO HAD A WIFE AND COULDN'T FEED HER, SO HE PUT HER IN A SHELL, WHERE HE KEPT HER VERY WELL? \_\_\_\_\_

#5 UNSCRAMBLE THESE WORDS, WHICH ARE ALL RELATED TO **PAPER**.

GNIMRA - _____	RAWD - _____
NEIL - _____	KOBO - _____
ESAPTL - _____	REWTI - _____

#6 USE THE WORDS IN THE BOX BELOW AND CONNECT THEM TOGETHER, LIKE A TRAIN. BEFORE YOU WRITE EACH WORD ON THE LINE PROVIDED, MAKE SURE IT'S ASSOCIATED WITH THE WORDS WRITTEN BEFORE AND AFTER IT.

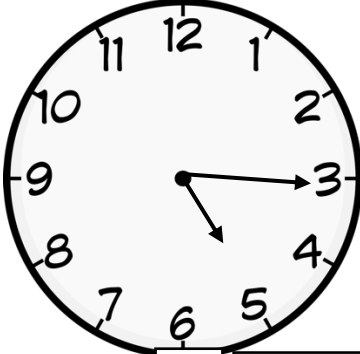
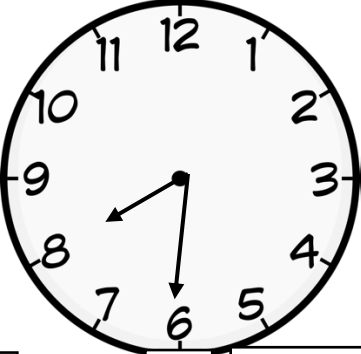
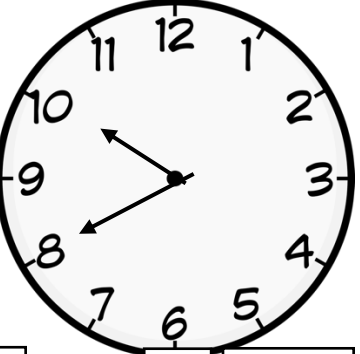
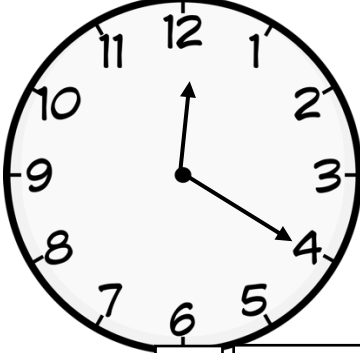
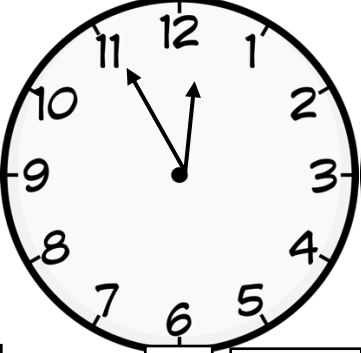
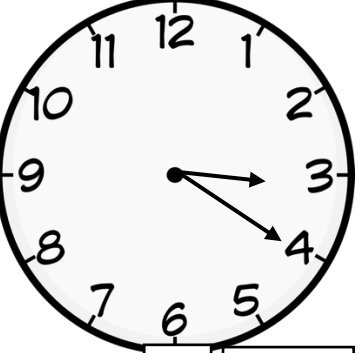
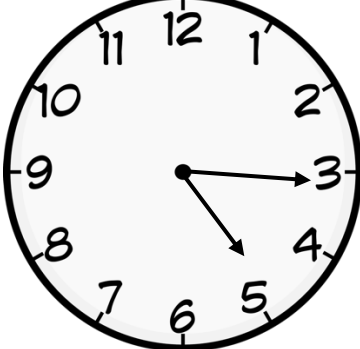
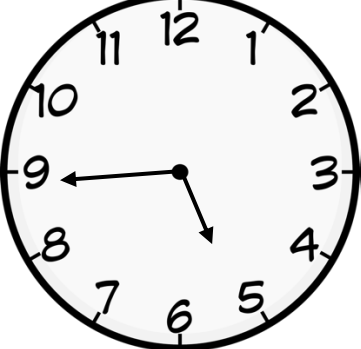
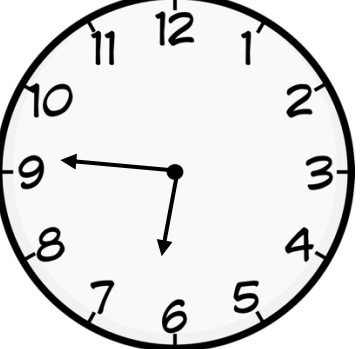
PLAN	TAPE
WOOD	DUCT
AHEAD	WORM
FLOOR	





# CLOCK-TIME ORIENTATION

In the box provided, write the approximate time it would be 2 and ½ hours from the time shown on each clock below.

<div data-bbox="423 417 634 506"><input type="text" value="1"/> <input type="text"/></div> 	<div data-bbox="773 417 984 506"><input type="text" value="2"/> <input type="text"/></div> 	<div data-bbox="1133 417 1344 506"><input type="text" value="3"/> <input type="text"/></div> 
<div data-bbox="423 856 634 945"><input type="text" value="4"/> <input type="text"/></div> 	<div data-bbox="773 856 984 945"><input type="text" value="5"/> <input type="text"/></div> 	<div data-bbox="1133 856 1344 945"><input type="text" value="6"/> <input type="text"/></div> 
<div data-bbox="423 1295 634 1383"><input type="text" value="7"/> <input type="text"/></div> 	<div data-bbox="773 1295 984 1383"><input type="text" value="8"/> <input type="text"/></div> 	<div data-bbox="1133 1295 1344 1383"><input type="text" value="9"/> <input type="text"/></div> 

# BrainFlex Trivia

## Life-Long Learning and Long-Term Knowledge

### TRIVIA NOTES

1.) \_\_\_\_\_

2.) \_\_\_\_\_

3.) \_\_\_\_\_

4.) \_\_\_\_\_

5.) \_\_\_\_\_

6.) \_\_\_\_\_

7.) \_\_\_\_\_

8.) \_\_\_\_\_

9.) \_\_\_\_\_

10.) \_\_\_\_\_

11.) \_\_\_\_\_

12.) \_\_\_\_\_

13.) \_\_\_\_\_

14.) \_\_\_\_\_

# Fiesta Turkey Wrap

## Ingredients - Serves 4

- 4 Large romaine lettuce leaves
- ½ lb. organic turkey breast
- 4 TBSP Veggie Cream Cheese Spread
- ½ cup baby spinach leaves
- ½ cup matchstick carrots
- ½ cup shredded cheese (*not processed*)

## Instructions

- Lay out lettuce leaf
- Spread cream cheese evenly
- Lay spinach leaves on cream cheese
- Add 2 slices of turkey
- Add carrots and cheese
- Tightly roll romaine lettuce leaf  
*(Use a toothpick to hold in place if you'd like)*

## Health Benefits of Spinach

- Includes folic acid, which contributes to heart health.
- Contains Vitamin A, which promotes eye health
- High in antioxidants, equipping the body to battle illness, including many of the diseases that contributes to cognitive decline.
- High in calcium, which is necessary for bone health as is the Vitamin K in spinach.



## Health Benefits of Carrots

- The vitamins and minerals contained in carrots contribute substantially to our overall health, which includes oral health. (biotin, potassium, K1, B6)
- High in beta carotene, which the body converts to Vitamin A.
- Carrots are believed to reduce age related memory loss as well as inflammation in the brain...this is due to the high levels of 'luteolin' found in carrots.

## Health Benefits of Cheese

Contains high concentration of essential nutrients such as calcium and protein.

Since our bone density reaches its peak in our early 30's, it's extremely important to include plenty of calcium in our diet.

Protein is necessary in order to maintain healthy muscle tissue, which helps support our bone structure.