

NAME \_\_\_\_\_

**\*\*\* PLEASE BRING ON TESTING DAY \*\*\***

TEACHER \_\_\_\_\_

**THIRD GRADE KNOWLEDGE-A-THON (2018)**

1. What is the title of the official who governs our country? ***President***
2. How many states are there in the United States of America? ***50***
3. Tell what the fifty stars on the flag of the United States of America stand for. ***Each star represents one of the states in the union.***
4. What bird is a symbol of the United States? ***Bald Eagle***
5. What is the title of the official who governs our state? ***Governor***
6. What is the title of the official who heads our Cape Girardeau city government? ***Mayor***
7. What are the 3 branches of government? ***Judicial, Executive, Legislative***
8. Name three types of communities. ***Rural, suburban and urban***
9. What type of community is Cape Girardeau? ***Rural***
10. What type of community is St. Louis? ***Urban***
11. On which continent do we live? ***North America***
12. Name the four biggest oceans. ***Atlantic, Pacific, Indian, Arctic***
13. What river flows through our community? ***The Mississippi River***
14. Name the capital of Missouri. ***Jefferson City***
15. What does a key/legend show on a map? ***What the symbols mean.***
16. What is a nomad? ***A person who has no set home and travels to find food.***
17. What region of Missouri do we live in? ***Southeast Region***
18. What word do we use to tell about animals blending in with their surroundings? ***Camouflage***

19. What are three kinds of matter? ***Solid, liquid, gas***
20. What is the measuring unit called that everyone agrees to use? ***Standard measurement***
21. What is an approximation or educated guess called? ***An estimation***
22. What tools do we use when measuring mass? ***Balance scale***
23. What causes day and night? ***Earth's rotation about its own axis in relation to the sun.***
24. What tool do we use when measuring temperature? ***Thermometer***
25. What are the five main parts of a plant? ***Flower, seeds, stem, leaves, roots***
26. How does a liquid change to a gas? ***Add heat***
27. How does a liquid change to a solid? ***Remove heat***
28. In what part of the plant are seeds found? ***Fruit***
29. What part of a plant does food production take place? ***Leaves***
30. How many seconds are in a minute? ***60***
31. How many minutes are in an hour? ***60***
32. How many hours are in one day? ***24***
33. How many days are in a year? ***365 / 366 leap year***
34. What is the answer in an addition problem called? ***Sum***
35. What is the answer in a multiplication problem called? ***Product***
36. What is the answer in a subtraction problem called? ***Difference***
37. What is the answer in a division problem called? ***Quotient***
38. How many years are in a century? ***100***
39. How many years are in a decade? ***10***

40. How many feet are in one yard? **3**
41. How many inches are in one foot? **12**
42. How many quarts are in one gallon? **4**
43. How many centimeters are in a decimeter? **10**
44. How many centimeters are in a meter? **100**
45. What do we call words that are opposites, such as hot and cold? **Antonyms**
46. Name four types of sentences. **Statement, question, exclamation, command**
47. List the parts of a 5 sentence paragraph **Topic sentence, three detail sentences supporting the topic sentence, and conclusion**
48. What is a word that names a person, place or thing? **Noun**
49. What is a verb? **An action word**
50. What is an adjective? **A word that describes a noun**
51. What is an adverb? **A word that describes a verb**
52. Where is the index of a book found? **In the back of the book**
53. What is a glossary and where is it found? **A list of words and their meanings found at the back of some books**
54. What is a table of contents and where is it found? **A list of the units, chapters and selections in a book. It is found at the beginning of most books.**
55. What is a book called based upon a person's life? **Biography**
56. What do you call this note  in music? **Half note**
57. What type of rest is this?  **Half rest**
58. In music, what does the word tempo mean? **Speed of the music**

59. What do you call a color with white added to it? ***A tint***
60. What is a portrait? ***A painting or photo of a person - usually showing the face***
61. What do you call a color with black added to it? ***A shade***
62. What muscle inside your body never rests? ***Heart***
63. What will develop if you raise your heart rate through exercise? ***Endurance***
64. What are the three components of health-related fitness? ***Strength, flexibility, and cardiovascular endurance***
65. When you check your pulse rate, what does it tell you? ***Your heart rate***
66. What do you call your heart rate before you exercise? ***Your resting heart rate***
67. When exercising, what is the heart rate you want to work toward? ***Your target heart rate***
68. What does it tell you if your heart rate returns to normal very quickly after you exercise? ***You are physically fit***
69. How many times per week do doctors recommend that you exercise? ***Three or more***
70. What is the most popular form of exercise in the United States? ***Walking***
71. What is balance? ***The ability to hold a position***
72. What do you call the range of movement in a muscle or joint? ***Flexibility***
73. How can you improve flexibility? ***Do stretching exercises***
74. What is aerobic exercise? ***Elevate respiration & heart rate***

75. What is the best thing to drink during times of physical activity? **Water**
76. What part of your body should you wash often so that you won't pass on illnesses? **Your hands**
77. How does your body cool itself down? **By sweating**
78. Why should you cover your mouth when you cough or sneeze? **So you won't pass on any illnesses to others**
79. What is a good way to relieve stress? **Exercise**
80. Name three ways to keep bones and muscles strong. **Exercise, eat foods with nutrients, get enough sleep**
81. What two habits help prevent tooth decay? **Flossing and brushing**
82. What is sportsmanship? **Treating your team members and the other team with respect**
83. What is cooperation? **Working together**
84. What is a good thing to do when you accidentally hurt someone during an activity? **Apologize and make sure they are okay**
85. What will improve your skills? **Practice, practice, practice**
86. What fluid is most important to drink every day? **Water**
87. What is the most important meal of the day? **Breakfast**
88. What should you wear while biking, skating, or skiing? **A helmet**
89. How can you protect your skin from sun damage? **Put on sunscreen or cover it up with clothes**
90. How can you protect your head from the sun? **Wear a hat**
91. What type of cancer might develop if you get too much sun? **Skin cancer**
92. What type of cancer might cigarette smoking cause? **Lung cancer**
93. What should you do before you leave the bathroom? **Wash your hands with soap**

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| 94. What should you say if a friend asks you to taste a medicine?                                       | <b>No thank you</b>  |
| 95. Name three steps to stop a bully.   | <b>1. Say “stop”.</b><br><b>2. Think</b><br><b>3. Report</b> |
| 96. What is the Golden Rule?  | <b>Treat everyone with respect</b>                           |
| 97. What do you need sometimes to stand up for what is right?   | <b>Courage</b>   |
| 98. Before you speak, you better think. What does T.H.I.N.K. stand for?                                 | <b>Truthful, Helpful, Inspiring, Necessary, Kind</b>         |
| 99. Sometimes to be safe, you might need to tell a police officer where you live. What is your address? | _____  |
| 100. What is your phone number?   | _____  |

**Bonus Questions**

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| 1. What may happen if you don't drink enough water?               | <b>You may become dehydrated</b> |
| 2. How many hours of sleep does a third-grader need?              | <b>10 to 12 hours</b>            |
| 3. What is the state of being physically sound or healthy called? | <b>Fitness</b>                   |

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You can learn these facts.  
We believe in you.  
Believe in yourself. You are really smart and special!