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

TEACHER _____

FOURTH GRADE KNOWLEDGE-A-THON (2018)

1. Name the two longest rivers that flow through Missouri? ***Missouri River and Mississippi River***
2. What is Missouri's nickname? ***Show-Me State***
3. Who did Missouri get the nickname Show-Me State from? ***Representative Willard Van Diver***
4. Name the city known as the "Gateway to the West". ***St. Louis***
5. What are the 3 most populated cities in Missouri? ***Kansas City, St. Louis, Springfield***
6. Where is the state capitol of Missouri? ***Jefferson City***
7. During what event was the ice cream cone invented? ***1904 World's Fair***
8. What is Missouri's state bird? ***Bluebird***
9. What is Missouri's state tree? ***Flowering Dogwood***
10. What is Missouri's state instrument? ***Fiddle***
11. What is Cape Girardeau's motto? ***Where the River Turns a Thousand Tales***
12. What is the real name of the author known as Mark Twain? ***Samuel Clemens***
13. Name the one and only President who was born in Missouri? ***Harry S. Truman***
14. What monument symbolizes St. Louis' role in the Westward expansion? ***Gateway Arch***
15. What is our national bird? ***Bald Eagle***
16. Name the 8 states that border Missouri. ***Kansas, Nebraska, Iowa, Illinois, Kentucky, Tennessee, Arkansas, Oklahoma***
17. What year did Missouri become a state? ***1821***

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| 18. Which river flows through Cape Girardeau? | Mississippi River |
| 19. What are the three author purposes for writing? | Persuade, Inform, Entertain |
| 20. What is the only land mammal that can't jump? | Elephant |
| 21. What is Missouri's state amphibian? | American Bullfrog |
| 22. What are the 3 types of consumers? | Herbivore, carnivore, omnivore |
| 23. What instrument is used to measure air pressure? | Barometer |
| 24. What scale do we use to measure temperature in the United States? | Fahrenheit |
| 25. What is the metric term used to measure temperature? | Centigrade or Celsius |
| 26. Paper clips, pencil lead and metal screws are examples of conductors or insulators? | Conductors |
| 27. How many pounds are in a ton? | 2000 lbs. |
| 28. 20 divided by 4 = 5.
Which of these numbers is the dividend? | 20 |
| 29. Round the number 864 to the nearest ten? | 860 |
| 30. How many sides are in a hexagon? | 6 |
| 31. What is an adjective? | Word that describes a noun |
| 32. What is an adverb? | Word that describes a verb |
| 33. Name the first woman to fly an airplane across the Atlantic Ocean? | Amelia Earhart |
| 34. Who wrote the <u>words</u> to the <u>Star-Spangled Banner</u> ? | Francis Scott Key |
| 35. What do you call a special ending in music? | A CODA |
| 36. Name the four instrument families? | Brass, woodwind, string and percussion |
| 37. What is a conductor in music? | Leader of a choir, orchestra or band |

38. The nonfiction books are arranged in number order. Who invented that number system? **Melvil Dewey**
39. Where in the library are the dictionaries, encyclopedias, atlases and almanacs? **Reference section**
40. A book written about a real person is called? **Biography**
41. Name the special medal that is given once a year to the best written children's book? **John Newbery Medal**
42. Name the artist famous for painting many pictures of sunflowers and the painting "The Starry Night". **Vincent Van Gogh**
43. What is a sculpture? **A three-dimensional work of art (such as a statue)**
44. Name two of the three "warm" colors on the color wheel. **Red, orange or yellow**
45. What do we need in order to do many tumbling skills? **Balance**
46. What muscle lies deep in your body and never truly stops? **Heart**
47. What does a push-up increase? **Endurance**
48. What is another term for your pulse rate? **Heart rate**
49. What is the heart rate which you always want to work towards called? **Target heart rate**
50. What is the heart rate which you never want to exceed called? **Maximum heart rate**
51. What does the rate at which your heart beat returns to normal after exercise demonstrate? **Your level of physical fitness**
52. What is the range of movement of a muscle or joint called? **Flexibility**
53. What is another word for "correct form" called? **Technique**
54. What are exercises that increase your heart rate for longer than 10 minutes called? **Aerobic**

55. What is America's most popular form of exercise? ***Walking***
56. What is stretching done before a physical activity called? ***Warm up***
57. What is stretching done after physical activity called? ***Cool down***
58. What is the minimum number of days per week that doctors recommend exercising? ***3 or more***
59. What should you drink before, during and after activity? ***Water***
60. What is the name of the tissue that connects bones to bones? ***Ligament***
61. What is the fluid that circulates through your body called? ***Blood***
62. What type of cancer may cigarette smoking cause? ***Lung cancer***
63. Most of your body is made up of what type of fluid? ***Water***
64. What part of your body should you wash often to help prevent passing illnesses? ***Hands***
65. What is the best way to relieve stress? ***Exercise***
66. What habits help prevent tooth decay? ***Flossing and brushing***
67. What is it called when you are treating your team or opponent with respect? ***Sportsmanship***
68. What should you always do when you accidentally hurt someone during activity? ***Apologize and make sure they are okay***
69. What must you do in order to improve your skills? ***Practice***
70. Name the 3 branches of government? ***Executive, legislative, judicial***
71. Governor Eric Greitens is in what branch of government? ***Executive***
72. Calcium can be found mostly in what type of foods? ***Dairy foods***

73. A lack of potassium can cause you to do what during a physical activity? **Cramp up**
74. What chart shows us the type of foods we should be eating and the number of servings we should have each day? **Food pyramid**
75. What should you look for when selecting a fruit juice? **100% juice**
76. What is the most important meal of the day? **Breakfast**
77. What meal is skipped the most? **Breakfast**
78. What nutrients help build strong bones and teeth? **Calcium and vitamin D**
79. What is the suggested number of daily servings of whole grains? **6 to 11 servings**
80. What is the suggested number of daily servings of fruits? **2 to 4 servings**
81. What is the suggested number of daily servings of meat, poultry, and fish? **2 to 3 servings**
82. What should you always wear when biking, snowboarding, skating or skiing? **Helmet**
83. What should you always use to protect your skin from sun damage? **Sunscreen**
84. What should you never chew during any physical activity? **Candy or gum**
85. What nutrient helps build and replace muscle? **Protein**
86. What nutrient helps the body use energy from foods? **Iron**
87. What food is more nutritious, pound for pound, than any other food? **Milk**
88. Name the Six Pillars of Character. **Trustworthiness, Respect, Responsibility, Fairness, Caring, Citizenship**
89. Name the three steps to following instructions. **1. Look
2. Say
3. Do**

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| 90. What is the first thing you should do when you get into a car? | <i>Fasten your seat belt</i> |
| 91. What does the body's immune system do? | <i>Fights off diseases</i> |
| 92. How do the tiny hair on you body help the immune system? | <i>They protect against the invasion of germs</i> |
| 93. How long does it take the brain to recognize that you have eaten enough to feel full? | <i>20 minutes</i> |
| 94. What are the three steps to controlling anger? | <i>1. Say "stop" to yourself
2. Take 3 deep breaths
3. Count slowly to 10</i> |
| 95. Name 3 types of angles | <i>Right, acute, obtuse</i> |
| 96. One foot is equal to how many inches & one yard is equal to how many inches? | <i>1 foot=12 inches
1 yard=36 inches</i> |
| 97. The Louisiana Purchase led to what expedition? | <i>Lewis & Clark Expedition</i> |
| 98. The State of New York is found in which region of the United States? | <i>Northeast Region</i> |
| 99. Name the current State Senator for our region. | <i>Senator Wayne Wallingford</i> |
| 100. What type of graph shows change over time? | <i>Line graph</i> |

Bonus Questions

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| 1. What is an artistic way of relieving stress? | <i>Painting, coloring, working with clay, singing, dancing, acting</i> |
| 2. Name the 5 parts of a friendly letter. | <i>Date, Greeting, Body, Closing, Signature</i> |
| 3. Name a form of energy that can produce light, heat & magnetism. | <i>Electricity</i> |

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