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

TEACHER _____

FOURTH GRADE KNOWLEDGE-A-THON

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 European country did most explorers represent? ***France***
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. $20 \div 4 = 5$.
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. Who invented paper? ***Chinese***
33. Name the first woman to fly an airplane across the Atlantic Ocean? ***Amelia Earhart***
34. Who wrote the words to the Star-Spangled Banner? ***Francis Scott Key***
35. What do you call a special ending in music? ***A CODA***

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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***

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| 51. What does the rate at which your heart beat returns to normal after exercise demonstrate? | <i>Your level of physical fitness</i> |
| 52. What is the range of movement of a muscle or joint called? | <i>Flexibility</i> |
| 53. What is another word for "correct form" called? | <i>Technique</i> |
| 54. What are exercises that increase your heart rate for longer than 10 minutes called? | <i>Aerobic</i> |
| 55. What is America's most popular form of exercise? | <i>Walking</i> |
| 56. What is stretching done before a physical activity called? | <i>Warm up</i> |
| 57. What is stretching done after physical activity called? | <i>Cool down</i> |
| 58. What is the minimum number of days per week that doctors recommend exercising? | <i>3 or more</i> |
| 59. What should you drink before, during and after activity? | <i>Water</i> |
| 60. What is the name of the tissue that connects bones to bones? | <i>Ligament</i> |
| 61. What is the fluid that circulates through your body called? | <i>Blood</i> |
| 62. What type of cancer may cigarette smoking cause? | <i>Lung cancer</i> |
| 63. Most of your body is made up of what type of fluid? | <i>Water</i> |
| 64. What part of your body should you wash often to help prevent passing illnesses? | <i>Hands</i> |
| 65. What is the best way to relieve stress? | <i>Exercise</i> |
| 66. What habits help prevent tooth decay? | <i>Flossing and brushing</i> |

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| 67. What is it called when you are treating your team or opponent with respect? | <i>Sportsmanship</i> |
| 68. What should you always do when you accidentally hurt someone during activity? | <i>Apologize and make sure they are okay</i> |
| 69. What must you do in order to improve your skills? | <i>Practice</i> |
| 70. Name the 3 branches of government? | <i>Executive, legislative, judicial</i> |
| 71. Governor Jay Nixon is in what branch of government? | <i>Executive</i> |
| 72. Calcium can be found mostly in what type of foods? | <i>Dairy foods</i> |
| 73. A lack of potassium can cause you to do what during a physical activity? | <i>Cramp up</i> |
| 74. What chart shows us the type of foods we should be eating and the number of servings we should have each day? | <i>Food pyramid</i> |
| 75. What should you look for when selecting a fruit juice? | <i>100% juice</i> |
| 76. What is the most important meal of the day? | <i>Breakfast</i> |
| 77. What meal is skipped the most? | <i>Breakfast</i> |
| 78. What nutrients help build strong bones and teeth? | <i>Calcium and vitamin D</i> |
| 79. What is the suggested number of daily servings of whole grains? | <i>6 to 11 servings</i> |
| 80. What is the suggested number of daily servings of fruits? | <i>2 to 4 servings</i> |
| 81. What is the suggested number of daily servings of meat, poultry, and fish? | <i>2 to 3 servings</i> |
| 82. What should you always wear when biking, snowboarding, skating or skiing? | <i>Helmet</i> |

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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**
90. What is the first thing you should do when you get into a car? **Fasten your seat belt**
91. What does the body's immune system do? **Fights off diseases**
92. How do the tiny hair on you body help the immune system? **They protect against the invasion of germs**
93. How long does it take the brain to recognize that you have eaten enough to feel full? **20 minutes**
94. What are the three steps to controlling anger? **1. Say "stop" to yourself
2. Take 3 deep breaths
3. Count slowly to 10**
95. Name 3 types of angles **Right, acute, obtuse**
96. One foot is equal to how many inches & one yard is equal to how many inches? **1 foot=12 inches
1 yard=36 inches**
97. The Louisiana Purchase led to what expedition? **Lewis & Clark Expedition**

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98. The State of New York is found in which region of the United States? ***Northeast Region***
99. Name the current State Senator for our region. ***Senator Jason Crowell***
100. What type of graph shows change over time? ***Line graph***

Bonus Questions

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

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