



Cabot Public Schools

2019-2020

Alternative Methods of Instruction

Name: _____ Date: _____

4th Grade AMI Work #7

Your child will have 5 days to complete and return this to his/her teacher to get credit for the day.

If you need more time, please let the teacher know.

THEME: Extreme Settings

Standing on the Roof of Africa

The first thing Natalie Ingle did when she reached the Uhuru Peak on Mount Kilimanjaro was cry. It had been a hard and tiring trek up the mountain. After eight long days on the trail, she was both mentally and physically exhausted. She posed for a few photos in the thin air and looked around her. She watched the sun rise over the glaciers below and shivered as she tried to put the lens on her camera to take more pictures. She had just reached the summit of the highest mountain in Africa, and the tallest free-standing mountain in the world.



Mount Kilimanjaro is located in Tanzania, a country on the east coast of Africa, and it stands over 19,000 feet above sea level. It is a volcanic mountain with three volcanic cones: Kibo, Mawenzi, and Shira. Mawenzi and Shira are extinct volcanoes, while Kibo, the tallest cone, is dormant. This means that the volcano could erupt again. However, the last eruption took place more than 150,000 years ago.

Natalie, who is a freelance photographer, decided to climb Mount Kilimanjaro for a simple reason: she wanted to raise money to help victims of domestic abuse in both the United States and Tanzania. She joined a team of five other women, and together they raised \$10,000 toward this cause. In addition to asking her friends and family to donate to the fund, she held a fundraiser at her apartment in Brooklyn. She sold several photographs and even offered to shave her head if people donated \$1,000. Fortunately for her hair, she didn't reach this goal, and in the pictures of her standing on the summit, her ponytail is tucked beneath a wool hat.

Natalie is a runner, so to train for her hike up the mountain, she signed up for two half-marathons to keep herself motivated. "I also tried to teach myself to drink lots more water regularly," she says. In higher altitudes, dehydration is more likely to occur because water vapor is lost from the lungs at a higher rate. Also, because climbers lose a lot of sweat from hiking many hours each day, it's important that they hydrate frequently to prevent illnesses related to dehydration.

People climbing Mount Kilimanjaro and other high peaks also face the risk of developing altitude sickness. Altitude sickness may occur in heights above 8,000 feet and is a reaction to high altitudes. In higher altitudes, the amount of oxygen available decreases. This makes it harder to function mentally and physically. In very

extreme cases, altitude sickness can be fatal. Some symptoms include headaches, dizziness, nausea, and weakness. To avoid getting altitude sickness, it is important to ascend the mountain very slowly to give your body time to get used to the decreased amount of oxygen available.

Natalie says that she seems “to have been the luckiest one out of our team.” She explains that although “we all came from sea-level homes, I’ve spent more time off-and-on in the mountains.” And she was lucky. Most of the other women on her team had stomachaches and headaches throughout the trek. One of her teammates vomited when she reached the top. But Natalie only experienced a headache when she reached the summit—over 10,000 feet higher than when most altitude-related symptoms begin to occur.

She was never scared on the trek, even though “one of the most dangerous parts involved using all four limbs to climb a nearly vertical cliff they call the Barranco Wall.” For her, the most memorable part of the climb was the unforgettable landscapes. She trekked through rainforests and across deserts and glaciers. And, she says, “one of the most stunning things I’ve ever seen in my life was at sunset on day two. An ocean of clouds stretched out below us, slowly streaming over the peak of a shorter mountain nearby. It looked exactly like a white, slow-motion waterfall.”

But it wasn’t just the climb or the fact that she stood atop the “Roof of Africa” that Natalie loved about her time in Tanzania. She returned knowing that her climb would help those in need.

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On a separate sheet of paper:

1. Describe altitude sickness. Include three or more details from the article in your answer.
2. Altitude sickness is one danger facing people who climb Mount Kilimanjaro. What other dangers do people climbing Mount Kilimanjaro face? Support your answer with information from the article.

MATH: Solve the following problems.

1. There are 2 orange beads in the basket. There are 7 more red beads than orange beads. There are twice as many blue beads as red beads. How many beads are in the basket? Explain how you solved it.
2. The media specialist had \$220 to spend on books. Each book cost \$9.00, and she bought 9 books. How much money does she have left? Justify your answer.
3. A café ordered paper plates. Each box of plates contains 8 packages of plates, and there are 6 plates in each package. How many paper plates are there in 5 boxes? Justify your answer.
4. Quinn wants to ride the Ferris wheel 4 times and the roller coaster 3 times. It costs 5 tickets for the Ferris wheel and 6 tickets for the roller coaster. He has 35 tickets. Does he need to buy more? If so, how many? Justify your answer.

Activity: Today is art! Draw a picture of the setting from this passage adding as much detail. It is up to you what you want to draw and what medium you want to use. It can be paint, crayons, or any material you have, or pencils just have fun!

