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[Worksheet about Self study vocab and gram](#)

1

Tuesday

21 September 2021

How good for you are they?

Walnuts look like a  and they are good for the .  too! Eating some walnuts every day can make your brain . You can add walnuts to your salad or your cereal.

Cut a carrot and look at a slice. What does it look like? An .

Carrots have got vitamin A. This vitamin is good for your eyes. You can have some carrot salad for lunch or carrot  FROM  after lunch. See? It's easy!

Cut a  in half. Can you see? It looks like a heart and it makes your  healthy, too. Eating a tomato every day is very  for you. Tomatoes are good for your eyes and hair too!

Read again and write W for walnuts, C for carrots and T for tomatoes.

1.	They are good for your hair.	<input type="checkbox"/>
2.	You can make a cake with them.	<input type="checkbox"/>
3.	You can add them to your cereal.	<input type="checkbox"/>
4.	They have got vitamin A.	<input type="checkbox"/>
5.	They are good for your eyes.	<input type="checkbox"/>

**TRUE or FALSE**

**Write T if the statement is true and F if the statement is false.**

- The Southern states did not want to be part of United States anymore.
- The Northern states had a lot more people, resources, and wealth giving them an advantage in the civil war.
- The Civil War began because the states wanted to continue being slaves.
- The American Civil War was fought between southern and northern states of the United States.

**Complete each of the following facts about the Civil War.**

1.  kept slavery out of the territories, seven slave states in the Deep South seceded and formed a new nation, the Confederate States of America.
2.  was President of the Confederate states (South).
3.  was also called the Union to symbolize that they wanted the United States to remain a single country and union.
4. The Confederates was made up of  states.
5. The Union was made up of  states.