

NAME: _____ DUE DATE: _____

<p>Date: 11/10</p>	<p>Source: Ka Wai Ola Newspaper November 2015 Pgs. 1-26</p>	<p>Notes/Vocabulary/NEW Things I Learned: 10pts.</p> <ul style="list-style-type: none"> • Each blood cell in body lives only 120 days • Digestive tract renewed every 3-5 days • Our skin renews every 7 years • Vitamin C/ acid foods boost iron absorption • Calcium in milk, acid in tea, coffee, wine, hinder absorption. • <u>Osteoporosis</u>: rapid bone loss affects 45-50 million in US today. • Hawaiian ancestors had no milk. Had strong, well developed bones. Ate greens/limu daily (*_*)
<p>Time: 8: 30 - 8: 17 pm</p>	<p>Title: article Traditional diet high in nutrition. Pg. 10</p>	
<p>Minutes: 47</p>		
<p>Date: 11/11</p>	<p>Source: Honolulu Magazine November 2015 Vol. L No. 5</p>	<p>Notes/Vocabulary/NEW Things I Learned: 10 pts.</p> <ul style="list-style-type: none"> • Endangered: still hope to see these value in these places, do something to save before too late. • Moanalua Fishpond Heritage, O`ahu: ed/cultural preservation. Developers looking to purchase • Lihu`e Shell Station, Kaua`i : built 1930 most attractive in Hawai`i • Kapuā`iwa Coconut Grove, Moloka`i: planted 1860, owned by OHA • Star of the Seas Church, Kaimū, Big Island
<p>Time: 7:15 – 7:55 am</p>	<p>Title: Hawai`i's Most Endangered Historic Places Pg. 53-62</p>	
<p>Minutes: 40</p>		
<p>Date:</p>	<p>Source:</p>	<p>Notes/Vocabulary/NEW Things I Learned: 10 pts.</p> <ul style="list-style-type: none"> • • • • •
<p>Time:</p>	<p>Title:</p>	
<p>Minutes:</p>		
<p>Grade I think I deserve for this week's independent reading assignments: ____/30pts</p> <p>Here is why: _____</p> <p>_____</p> <p>_____</p> <p>Mrs. Wright's grade: My explanation:</p>		