

*ReadingHorizons*  
**ELEVATE**®

## Student Packet

Double Consonants  
and *-KE, -CK, -K, and -C*

Name: \_\_\_\_\_



Welcome to the *Reading Horizons Elevate*® Weekly Student Packet!

Each packet contains the following items:

- Practice pages for each skill lesson from the *Reading Horizons Elevate*® Student Book
- Transfer Cards
- Passages with comprehension questions from the *Reading Horizons Elevate*® Reading Library

Some packets will also include practice pages for Most Common Words lessons.

### **Student Book Practice Pages**

Each practice page begins with a brief review of the associated skill or list of Most Common Words. Students may need the support of a fluent reader to read the skill review and the instructions for each activity.

Most Common Words are words that appear so frequently in writing that students need to know them by sight. Until these words become a regular part of the student's vocabulary, the student may require more support from a fluent reader while completing these practice pages.

### **Transfer Cards**

Transfer Cards were designed to be fully decodable, meaning that the student should have learned all the necessary skills to read these independently. These cards provide valuable practice using the skills taught in the program.

### **Reading Library Passages and Comprehension Questions**

Reading Library passages are designed to give students practice reading a variety of nonfiction texts. Each packet will include at least two passages of varying difficulty. Students will benefit from additional support from a fluent reader while working through these passages.

Happy Reading!

The Reading Horizons Team

For more information, contact your instructor at \_\_\_\_\_.



## Double Consonants and -KE, -CK, -K, and -C

## Skills Review

- Double consonants: When double consonants come in a word, the first of the two consonants is usually not pronounced (*dinner*, *bonnet*).
- Double *c*: When the vowels *a*, *o*, or *u* follow the double *c*, only one sound for *c* is heard, /k/ (*account*; *accord*). When the vowels *i* or *e* follow the double *c*, two sounds for *c* are heard, /ks/, due to the bridge *s* (*accent*; *access*).
- Long vowel, silent *e* words end in *-ke* (*bake*; *hike*).
- If the vowel is short and no other guardian consonant is heard in a single-syllable word, the spelling for /k/ is *-ck* (*back*; *deck*).
- Words that end in /k/ preceded by adjacent vowels, Murmur Diphthongs, and Special Vowel Sounds, words that end in the *nk* Special Vowel Combination, and words that have *l* as an additional guardian consonant will end in *k* in single-syllable words (*speak*; *spark*; *book*; *hunk*; *milk*).
- When /k/ is heard in the middle of a word, the spelling is *c* (*deduct*; *locate*). Exceptions: *napkin*; *monkey*; *donkey*.
- Multisyllabic words end in the spelling of *c* (*picnic*; *traffic*). Exception: *attack*.

## DECODING

## Double Consonants

There are no special markings for double consonants. You can mark the first double consonant silent to help you remember that it is not pronounced.

dinner      accord

Use a bridge *s* in words where the second *c* is followed by an *i* or *e*.

accent

Spelling with *-ke*, *-ck*, *-k*, and *-c*

When using *ck*, remember that it is marked as a Digraph.

pack      bike      peek      shark  
trunk      silk      magic

A. Prove these words.

acclaim

happy

hike

accent

stuck

frantic

spark

traffic

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**Double Consonants and -KE, -CK, -K, and -C**

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**READING**

Read this story. Notice the words that are decoding exceptions.

“Hank!” Mike spoke sternly. “Please don’t panic! We’ll get to the park as soon as we can. What’s the harm in being late for a picnic?”

Mike moved his truck through the heavy traffic as quickly as he could without causing an accident. He was trying to accommodate his friend’s wishes, but he would just have to accept the fact that gaining access to the park at this busy time of day was difficult to accomplish.

**APPLICATION ACTIVITIES**

A. Answer the questions about the reading.

1. Who is worried about being late? \_\_\_\_\_
2. What will they be late for? \_\_\_\_\_
3. Mike drove his \_\_\_\_\_ carefully.
4. He didn’t want to cause an \_\_\_\_\_.

## Double Consonants and -KE, -CK, -K, and -C

B. If the double c in the word makes one sound, /k/, write the word in the first column ("/k/"). If the double c makes two sounds, /ks/, write the word in the second column ("/ks/"). (Letters between "/ /" represent sounds.)

<del>accede</del>	accomplish
account	accommodate
accept	accident
access	acclaim

/k/	/ks/
	accede

C. Look at the vowel. Determine whether you should use a -ke, -ck, -c, or -k to complete the word. Write the correct word ending in the space provided.

1. haw<sub>x</sub>\_\_\_\_\_6. tā<sub>x</sub>\_\_\_\_\_11. dū<sub>x</sub>\_\_\_\_\_2. oā<sub>x</sub>\_\_\_\_\_7. loo<sub>x</sub>\_\_\_\_\_12. bar<sub>x</sub>\_\_\_\_\_3. for<sub>x</sub>\_\_\_\_\_8. spēā<sub>x</sub>\_\_\_\_\_13. rō<sub>x</sub>\_\_\_\_\_4. jō<sub>x</sub>\_\_\_\_\_9. trun<sub>x</sub>\_\_\_\_\_14. mūsi<sub>x</sub>\_\_\_\_\_5. mil<sub>x</sub>\_\_\_\_\_10. pāni<sub>x</sub>\_\_\_\_\_15. Pācifi<sub>x</sub>\_\_\_\_\_





## Lesson 90: Double Consonants and

-KE, -CK, -K, and -C

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attic coffee happy duke  
jerk Libby hiccup trunk  
annoy fabric lock accept

When Libby was finished with her cup of coffee, she decided to go up into the attic to clean it up. She unlocked the door and jerked it open. Libby screeched as a spider web brushed against her hair. After she brushed it away, she laughed at herself for being so ridiculous and started to unload her grandmother's trunk filled with old, lacy fabric.

## Lesson 90: Double Consonants and

-KE, -CK, -K, and -C

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traffic blizzard Mark truck  
account funny brake hawk  
music Hank struggle skunk

Mark had to appear in traffic court because he crashed his truck into a curb. As he went toward the door and opened it, he heard hushed sounds inside. Soon, it was his turn to explain to the judge what happened.

"There was a blizzard outside, and a hawk swooped down in front of my truck, so I slammed on my brakes and slid into the curb." The judge decided to let him go for not harming the hawk.

## Lesson 90: Double Consonants and

-KE, -CK, -K, and -C

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Rick cork accent Drake  
electric remark like Greek  
woke shuck kettle take

Drake woke up early in the morning to go to the beach and dig for clams. Nothing tastes better than fresh, steamed clams, and he liked the money he got for selling them. Rick remarked how much he loved eating the clams Drake gave him. So today would be a great day for taking clams to Rick.

## Lesson 90: Double Consonants and

-KE, -CK, -K, and -C

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happen Anna picnic hammock  
shock Clark sneak accomplish  
cotton success take rattlesnake

"Clark," said Anna, "there is nothing I would love more than to swing on the cotton hammock in the backyard. We could also have a picnic on the grass. It is such a pretty day."

When Clark opened the back door, he was shocked to see a rattlesnake coiled under the hammock.

"Anna, I'm afraid we won't be having that picnic today!" said Clark.

## Lesson 90: Double Consonants and -KE, -CK, -K, and -C

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accuse	cake	garlic	skunk
oak	back	hike	Danny
tick	frantic	take	park

Danny wasn't busy on Friday, so he woke up early that morning to take a hike in the mountains. He walked up the hill towards the tall oak tree and sat down to rest. He saw a tick crawling along the grass, and he became frantic. Getting a tick bite is nothing to laugh about! He decided to go back to his house rather than take chances with the tick.

## Lesson 90: Double Consonants and -KE, -CK, -K, and -C

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bulk	stucco	hectic	fluke
accept	daddy	clerk	supply
work	nook	truck	earthquake

After the last earthquake, my dad said we needed to fix the kitchen nook in the house and redo the stucco on the outside of the house. He spent a lot of money for the building supplies. The clerk at the shop was nice and helped put the bulk of the supplies in our truck. Mom said that fixing the house might make life hectic. We will all work hard.

## Lesson 90: Double Consonants and -KE, -CK, -K, and -C

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accumulate	music	common	joke
speak	fabric	hobby	duke
success	Gabby	black	silk

It is no joke that I love to accumulate huge amounts of silk to make clothes. It's a common fabric. When I'm done with a silk dress or shirt, I feel like my work is a success. I have so much black and white fabric that I think I might decorate my windows with silk curtains.

## Lesson 90: Double Consonants and -KE, -CK, -K, and -C

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accent	septic	quick	meddle
tank	skunk	Mike	milkshake
leak	took	wake	occupation

Early one morning when we were waking up, there was a strange smell coming toward the house. I ran outside to see our friend Mike working on our septic tank. It smelled like a skunk! He told me to stand back and not to meddle with his tools. When he was finished, my mom invited him into the house for a chocolate milkshake. Someone who helps people with such important work deserves a special treat any time of day.

# Caffeine

Many years ago, there lived a goat herder. He lived in Africa. One day, his goats became lost. He was worried. So he went out to look for them. When he found them, they were dancing by a small tree with red berries. He ate the berries, and he had energy. He began to dance, too! He used the berries to make a new drink. He called the drink coffee.

This story is a legend. It tells of one of the first uses of a chemical called caffeine. Caffeine comes from plants, such as coffee beans and tea leaves. It also comes from some types of seeds and nuts. It is found in many foods and drinks, including coffee, tea, and energy drinks.

By itself, caffeine is a white powder. It has no smell. It does not taste good. In fact, it is very bitter. But sugar hides this taste in many drinks and foods with caffeine.

Because it affects the nervous system, caffeine is a **drug** or medicine. In fact, it may be the most used drug in the world. Caffeine is consumed all around the world. Why is it so popular? It helps people stay awake and focused. It also gives them short-term energy. Some people drink coffee in the morning to help them wake up. At night, some people use energy drinks so that they can stay awake to work, study, or drive.

However, too much caffeine can be bad for the body. For some people, caffeine can cause headaches or shaking. Too much caffeine can also cause people to lose sleep. In addition, some scientists have shown that people can become addicted to caffeine. This means their body needs it everyday. Those who drink or eat it should take care. They may want to use it in small amounts. They may only want to use it at special times.



*health, Africa*

*Lexile®: 500L  
Word Count: 313*

**Time:** \_\_\_\_\_

# Caffeine

## Comprehension Questions

Circle the best answer.

1. This passage is mainly about
  - a. stories from Africa.
  - b. advice about farming.
  - c. a plant that has red leaves.
  - d. a chemical that gives energy.
  
2. Caffeine comes from
  - a. red rocks.
  - b. many plants.
  - c. farm animals.
  - d. flying insects.
  
3. According to this passage, caffeine is found in all of the following EXCEPT
  - a. tea.
  - b. coffee.
  - c. energy drinks.
  - d. strawberry cake.
  
4. One bad effect of caffeine is that it
  - a. creates red spots on the body.
  - b. gives some people headaches.
  - c. makes the body feel very sleepy.
  - d. causes some people to gain weight.
  
5. A *drug* (paragraph 4) is something that
  - a. is illegal to have.
  - b. affects the body.
  - c. comes from coffee.
  - d. gives people energy.

# Hiccups

Hiccups are unexpected and uncontrollable movements of the diaphragm, a muscle above a person's stomach. The majority of the world's population have experienced a hiccupping attack, so the sounds and sensations associated with this condition are widely recognizable. Although hiccups are a common phenomenon and most people would agree that they are a particularly irritating experience, hiccups still remain somewhat of a mystery to medical professionals.

Scientists have been debating the mystery of hiccups for decades, and although specific theories that explain the cause of hiccups are still debated, scientists have observed some interesting patterns related to hiccups. For example, although hiccups can occur at any time, they are most likely to occur in the evening. In addition, although hiccups can affect anyone, scientists have discovered that, for reasons that remain unclear, males are more often affected than females. Additionally, women who are pregnant hiccup less often than women who are not. A final observation suggests that as people age, instances of hiccupping occur less frequently.

The physiological process of hiccups begins with the diaphragm, the large muscle between the lungs and the stomach. When the nerve that controls the movement of the diaphragm is irritated, the diaphragm rapidly tightens, and air is quickly pulled into the lungs. This happens so quickly that the epiglottis, the tissue that covers the airway during swallowing, flaps shut and causes the vocal cords to compress together. Then, the air that entered the body is suddenly stopped when it strikes against the closed vocal cords. It is the air hitting the vocal cords that causes the "hiccup" sound that is so widely recognized. Usually this action repeats itself several times per minute.

There are numerous theories about the causes of hiccups. One common idea is that hiccups can be triggered by having a very full stomach, which can result from eating too much too quickly or drinking too much liquid. Some scientists suggest that hiccups might also be caused by quickly swallowing a large amount of air. It is also thought that hiccups may also be caused by a sudden change in the temperature of the stomach, which can result from consuming a cold drink while eating a hot meal. Smoking, stress, and excitement have also been blamed for hiccups. In addition, some individuals will hiccup after having a carbonated beverage, such as soda pop. However, most experts claim that the true cause of hiccups is still a mystery.

A normal case of the hiccups persists anywhere from a few minutes to several hours. Although medical treatment is sometimes necessary when hiccups are chronic, the body resolves most hiccup attacks without any outside interference.

There are many popular home remedies that are widely believed to cure a case of the hiccups. Some of the best-known treatments include holding one's breath, eating a teaspoon of sugar, or being **startled** or frightened. Other remedies include breathing into a paper bag, pulling on the tongue, biting into a lemon, or drinking water from the far side of the glass.



*health*

Lexile®: 1220L  
Word Count: 919

Time: \_\_\_\_\_

## Hiccups (continued)

Some of the home remedies for hiccups can be complicated or highly unusual. For example, one home remedy suggests that an individual put the round end of a spoon between the points of a fork, placing the handle of the fork in a glass of water, and resting the handle of the spoon against the hiccupping person's forehead. Then, the person must drink from the glass of water. Although there are probably as many ideas for cures as there are people who have suffered from the hiccups, the effectiveness of specific remedies has not been scientifically confirmed.

If hiccups last longer than two days, they are called *persistent hiccups*. If they last longer than a month, they are called *intractable hiccups*. Individuals with persistent or intractable hiccups should seek intervention and treatment from a medical professional, as these types of hiccups are unlikely to stop and may be a sign of a more severe condition. For example, persistent or intractable hiccups may be a sign of complications in the nervous system caused by serious injuries, infections, or problematic breathing habits.

The most famous case of prolonged hiccups may be that of Charles Osborne, a man from Iowa who hiccupped without ceasing for 68 years, from 1922 to 1990. His unusual case was recorded in *The Guinness Book of World Records* when he was documented as the "Man with the Longest Attack of Hiccups." In the early years of his hiccups, Charles Osborne hiccupped up to 40 times every minute. In later years, the rate of hiccupping slowed to around 20 times a minute. Despite his uncontrollable hiccupping, Charles Osborne was married twice and fathered eight children. He died one year after his hiccups stopped.

A less extreme case of chronic hiccupping comes from teenager Jennifer Mee of Florida. Mee achieved a small degree of fame in 2007 when she suffered from hiccups for five straight weeks. Her hiccups disappeared as suddenly as they came but reappeared some weeks later. This reappearance caused some experts to suspect that she actually suffers from Tourette syndrome, which causes individuals to perform repeated, involuntary actions. Other, less sympathetic observers suggested that Mee's hiccups were an attention-seeking prank, or trick. Regardless of the cause of Mee's hiccups, her case demonstrated the popularity and variety of home remedies for hiccups. When Mee was interviewed on a national TV show, the audience was asked to send in their suggestions for hiccup cures, and remarkably, the TV show received over 10,000 emails filled with ideas.

# Hiccups

## Comprehension Questions

Circle the best answer.

- This passage is mostly about
  - a type of dieting medicine.
  - an uncontrollable movement.
  - an exciting new exercise plan.
  - a sickness affecting old people.
- An appropriate alternative title for this passage is
  - A Cold Glass of Water.
  - An Irrating Experience.
  - Choosing Healthy Food.
  - Dealing with a New Baby.
- The diaphragm refers to
  - a joke.
  - a doctor.
  - a muscle.
  - an illness.
- The author mentions all of the following possible causes of hiccups EXCEPT
  - eating too quickly.
  - drinking soda pop.
  - walking on a hard floor.
  - swallowing too much air.
- Intractable hiccups are ones that last
  - less than an hour.
  - about one day.
  - about one week.
  - more than a month.
- The passage suggests that some people thought that Jennifer Mee's hiccups were
  - illegal.
  - healthy.
  - pretend.
  - dangerous.
- We can infer that the group that is most likely to experience hiccups is
  - old men.
  - old women.
  - young men.
  - young women.
- The author mentions a paper bag (paragraph 6) to
  - suggest a possible way to end hiccups.
  - describe a scientific study about hiccups.
  - show how a person often starts hiccupping.
  - explain what the body does during a hiccup.
- The author tells the story of Charles Osborne (paragraph 9) to
  - offer a way to eliminate hiccups.
  - describe how hiccups are studied.
  - explain how hiccups can be started.
  - show that people can live with hiccups.
- If something is *startled* (paragraph 6), it
  - has enough sleep.
  - has too much time.
  - is scared suddenly.
  - is not very popular.

