

Green Step: Set D

STAPLE HERE

Cover Photo: Helmets protect the heads of riders during a long-distance bike ride in Florida, December 2009.
Taken by Tiffini M. Jones-Vanderwyst. Released into the public domain by the U.S. Navy.

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Green Step Set D

Summer Fashion



Hats & Caps

written by Charles Fisher

SummerReads™ 

Hats & Caps**Table of Contents**

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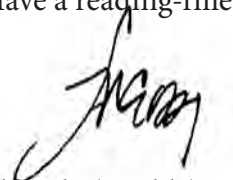
Dear Student,

I am a teacher who has studied how children learn to read well. What I have learned has been used to write SummerReads and programs like QuickReads® and Ready Readers.

The best way to be ready for the new school year is to read every day of the summer. You can choose to read a chapter or a book from SummerReads. But be sure to read it at least three times on the same day. Here's how to use SummerReads:

1. Start by reading it yourself. Mark the words that you don't know.
2. Next, ask someone to read with you. Get that person to help you with any words you don't know. You can even go to the computer to www.textproject.org and hear a recording of the books.
3. Last, you're going to read by yourself to answer the questions at the end of the book. You can go to the computer to find the answers.

Have a reading-filled summer!



Elfrieda (Freddy) Hiebert, Ph.D.

Inventor of the TExT model

Hats & Caps



Photo: Students put on safety helmets before entering an earthquake simulator in Yokosuka, Japan, October 2008.
Taken by Kari R. Bergman. Released into the public domain by the U.S. Navy.

Introduction

Hats and Caps

Your head is usually exposed to the sun when you're outdoors in summer. That's why smart people cover their heads with hats and caps to protect them from the sun. Hats and caps protect your head from sunburn and possible sunstroke. But hats and caps do more than protect your head. They also provide shade for your eyes. You can see more clearly in the sunshine when you're wearing a hat or cap.

Headgear can also protect you from blows to your head. Hard hats or helmets can lessen, and even prevent, injuries from falls or accidents. Wearing a helmet when you ride a bicycle, skateboard or even a horse makes good sense.

But hats and caps do more than protect your head. Often, they can make a fashion statement. In a word, hats and caps can be... cool!

Hats & Caps

Hats



Hats usually have a crown and a brim. The crown of a person's head is the very top. And, yes, the crown of a hat covers the top of a person's head. The brim of a hat is attached to the bottom of the crown. The brim is usually made of stiff

material and makes a sort of shelf that sticks out all the way around the head.

A sun hat shades the face, neck and shoulders from the sun. Sun hats not only protect the head, neck and shoulders but also shade the eyes. Since sun hats have wide brims, they are prone to being blown off by the wind. As a result, modern sun hats often have a chinstrap. Tie down that chinstrap...or you'll lose your hat... and your shade.

The sombrero is another hat that is specially designed to protect the wearer from the sun. In Spanish, the word "sombrero" means "shade-maker." The sombrero has an unusually wide brim that is turned up at the edges. It is designed to shade the top of the head and the eyes from the sun. The brim of a sombrero is so big that it also gives shade for the neck and shoulders. We know that all of you are using sunscreen when you're out in the sun this summer. But you might want to think of adding a sombrero. It's big enough to give you all of the protection that you need!

Hats & Caps

Caps



Caps have always been different than hats. Hats have a broad brim and can be made of material like straw. Caps fit closely to people's heads and are usually made of soft fabrics. Adults used to wear sleeping caps at night. Sleeping caps aren't popular with adults anymore but caps for babies are common. In cold places, people of all ages wear stocking caps.

Caps with visors or bills have become popular in recent years. Visors have an interesting history. About 600 years ago,

soldiers began to put visors on their steel headpieces. These visors were also steel and were attached to the headpiece with hinges. When closed, the visor covered the upper part of the face. It had holes to allow the person wearing the headpiece to see and to breathe. Today, visors are made from fabric or plastic and are used to control the amount of light that reaches your eyes.

After visors were added to caps, they were often used when people wanted to shade their eyes. Tennis players were early users of visors and, later, caps with visors. Soon, players of summer sports other than tennis began to use caps with visors.

Now the most common cap with a visor is the baseball cap. Often it has a team or a place name on it. Baseball caps are no longer just for ball players. Now anyone can wear one. And the bill, which once pointed forward, can now point in any direction!

Hats & Caps

Helmets



A helmet is a kind of headwear that helps to protect the head from injury. Soldiers have worn helmets for thousands of years. Today, soldiers still wear helmets but so do workers in other jobs like firefighters. Workers at building sites also wear helmets called “hard hats.”

Helmets are also important for sports, not just certain jobs. In football and ice hockey, players wear helmets all the

time. In baseball, players wear them when they are up to bat.

Helmets are also important in sports such as bicycling, skateboarding, and horseback riding. In the United States, thousands of people visit the hospital every year because they have fallen from bicycles, skateboards, or horses. Many head injuries are prevented when people wear helmets.

The helmets that were worn thousands of years ago were big and heavy. Today, helmets are light in weight. The use of plastic means that helmets can be molded to fit people’s heads. Today, a helmet has a hard outer shell and some padding inside the shell. There is also a headband that a person can move around to make the helmet fit better. A chinstrap keeps the helmet in place.

It is always smart to wear a helmet whenever your head is in danger of injury. Some helmets have holes that allow air to flow through the helmet. Your head stays cool while the helmet still protects your head. Be smart and cool! Wear a helmet!

Hats & Caps**Rate your thinking and reading**

✓ Put a check each time you read one of the chapters of the book.

★ Give yourself a star for Sharing if you told someone about something you learned from reading the chapter.

✚ Give yourself a + if you can tell that your reading is getting smoother.

	1st Read	2nd Read	3rd Read	Sharing	Smoother
Introduction					
Hats					
Caps					
Helmets					

Comprehension questions**Hats**

1. True or false? The crown of a sun hat is the part that covers the top of the head.

☐ true ☐ false

2. How does wearing a wide brim hat like a sombrero help protect you from the sun?

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Caps

3. How are caps different from hats?

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4. True or false? In a baseball cap, the visor can also be called a “bill.”

☐ true ☐ false

Helmets

5. Which of these people do *not* use a helmet?

☐ Firemen

☐ Ice hockey player

☐ Farmer

☐ Soldier

6. When would you wear a hard hat?

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