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A No-Guilt Treat

Most people like homemade ice cream in the summertime, but it can be laden with fat and calories. Here is a treat that is easy to make and that might burn up more calories than it provides. The recipe is for orange sherbet, but you can vary the fruit flavor by using a different kind of soft drink.

You will need the following:

- Three large clean coffee cans
- Three small clean coffee cans
- Duct tape or other strong tape
- Crushed ice
- Ice-cream salt or rock salt
- One can of sweetened condensed milk
- One can of crushed pineapple, with juice
- One two-liter bottle of orange soft drink
- Several friends or family members

**Preparation method:**

Mix the condensed milk, pineapple, and soft drink. Pour the mixture into a smaller coffee can, leaving a space of at least one-fourth of the volume for expansion as the sherbet freezes. Put the plastic lid on, and secure it firmly with duct tape. Be sure to make a good seal so no liquid from the outer can will get in. Set the small coffee can in the center of a large can. Fill the space between the cans with crushed ice and a generous amount of rock salt. The rock salt will help make the sherbet mixture freeze more quickly. Shake the can to settle the ice and add more ice and salt. The ice and salt mixture should be packed firmly. Put on the plastic lid and tape it securely in place. Be sure that the tape makes several continuous loops across the top and bottom of each can. Repeat the process with the remainder of the mixture and the other four cans.

The people who expect to enjoy the sherbet should toss, kick, throw, and roll the cans around for 30 to 45 minutes. The more activity there is, the better the sherbet will be. After a few minutes of agitation, frost will begin to form on the outside can. When this happens, you know that the mixture is freezing.

When you think the sherbet has had time to freeze, open the outer can, pour out the water, add more ice and salt, and wait as long as you can stand it. This step will ripen and firm the sherbet. After several more minutes, remove the small can, wash it off, and remove the tape and lid. Then get the bowls and spoons and enjoy your no-guilt treat!

4 If you wanted to make ice cream instead of sherbet, which part of the instructions would you have to change?

- A Use ordinary table salt and ice cubes instead of crushed ice and rock salt.
- B Use strawberry soda instead of orange.
- C Nothing needs to be changed.
- D Use an ice cream recipe or mix instead of the one that is given.

5 Agitating the can consists of all of the following *except* —

- A rolling the can
- B tossing the can
- C setting the can down
- D kicking the can

6 Another good name for this recipe would be —

- A "Almost Ice Cream"
- B "Can-can Sherbet"
- C "An Interesting Dessert"
- D "Good and Cold"

7 This recipe is good for a family picnic because —

- A it requires group participation and is good to eat
- B leftovers can be stored in the freezer or an ice chest
- C it does not have many ingredients
- D several people can be served

8 The phrase "as long as you can stand it" was put in the recipe to suggest that —

- A the longer the sherbet ripens, the better it will taste
- B the cold sherbet will make everyone around it cold
- C people will have a hard time waiting for the sherbet to be ready
- D it will take a long time for the sherbet to ripen

9 The rock salt —

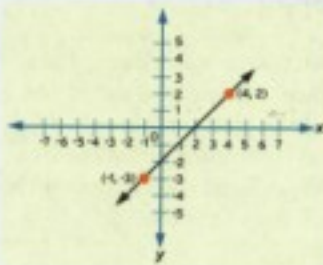
- A flavors the sherbet
- B keeps the cans from making noise
- C prevents spoilage
- D makes the ice work faster

GO 

- 21 Which of these expressions is equivalent to $6a - 9b$?

A $6(a - 3b)$ C $9(-3a - b)$
 B $3(2a - 3b)$ D $12(6a - 3b)$

22



Which equation is represented by the line on this coordinate grid?

A $y = \frac{x}{2}$ C $y = x - 4$
 B $y = -2x - 1$ D $y = x - 2$

- 23 These numbers are part of the Fibonacci series. Each number in the Fibonacci series is the sum of the two numbers immediately before it.

1, 1, 2, 3, 5, 8, 13, 21, 34, __,
 __, __, __, __, __?

If the pattern continues for seven more numbers, what will be the seventh number?

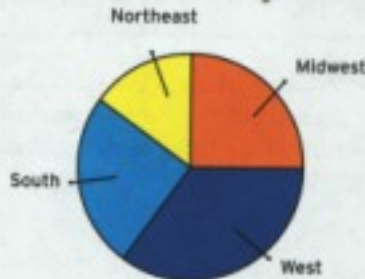
A 1597 C 610
 B 987 D 181

24

Health and Fitness Gym surveyed its members and found that 5 of 9 members would take yoga classes if the gym offered them. If Health and Fitness Gym has 1440 members, how many of them would take yoga classes?

A 800 C 160
 B 640 D 32

- 25 A researcher polled people entering Yellowstone National Park to find out what region of the country they were from. The results of the poll are shown in this graph.



If 200,000 people enter the park, approximately how many will be from the Midwest?

A 30,000 C 70,000
 B 50,000 D 90,000

STOP

- 11 An express shipping company charges \$3.40 per pound for packages that weigh more than 5 pounds.



How much would it cost to ship this box?

\$425.00 \$42.50 \$15.90 \$11.90 \$9.10

A **B** **C** **D** **E**

- 12 Kristen bought $3\frac{1}{3}$ pounds of oatmeal, $2\frac{5}{6}$ pounds of walnuts, and $1\frac{1}{2}$ pounds of raisins to make a big batch of granola.



How many pounds of granola ingredients did she buy in all?

$6\frac{1}{3}$ $6\frac{1}{6}$ $6\frac{2}{3}$ $7\frac{2}{3}$ NH
A **B** **C** **D** **E**

- 13 Moira has a piece of wood that is $\frac{4}{5}$ of a yard long.



She cut $\frac{1}{6}$ of a yard off the board to make a seat for a bench she is building. How long is the seat?

$\frac{19}{30}$ yd $\frac{21}{30}$ yd $\frac{3}{11}$ yd $\frac{5}{6}$ yd $\frac{3}{5}$ yd

A **B** **C** **D** **E**

- 14 Ken has to mow $10\frac{1}{6}$ acres of land.

He mowed $6\frac{1}{3}$ acres.



How many acres does Ken have left to mow?

$4\frac{5}{6}$ $4\frac{1}{6}$ $3\frac{2}{3}$ $3\frac{5}{6}$ $3\frac{1}{6}$
A **B** **C** **D** **E**

STOP

DIRECTIONS Read each paragraph and its questions. Choose the answer you think is best for each question. Mark the space for your answer.

A Little About Pigs

More than 300 kinds of pigs have been developed from the first wild boars. These wild boars roamed throughout Europe and Asia. The pig has changed less than most animals; it still looks like cave paintings that are 15,000 years old. Most of what people think they know about pigs is false. They are one of the few animals that never eat more than they need.

SAMPLE D

What is the *best* way to begin the last sentence?

- A For example,
- B By the way,
- C However,
- D In actual fact,



- Skim the paragraphs, but don't spend too much time reading them.
- Read the questions and answer choices more carefully.
- Eliminate answers that don't make sense with the rest of the paragraph.

Dear Tabbatha,

We recently adopted a kitten from the animal shelter. She has become a regular member of our family. She sleeps all day, but after I come home from school, she follows me everywhere.

This is our first cat. It is a real learning experience for all of us. I had no idea that cats could be so jealous! She won't let me talk on the phone unless I pet her at the same time. She's rubbing against me even now, so I have to stop writing.

Your friend,
Chloe

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Which is the *best* way to combine the first two sentences of the second paragraph?

- A This is our first cat, however it is a real learning experience for all of us.
- B This is our first cat, a real learning experience for all of us.
- C This is our first cat, so it's a real learning experience for all of us.
- D This is our first cat being a real learning experience for all of us.

GO

