

You Are Made of Stardust

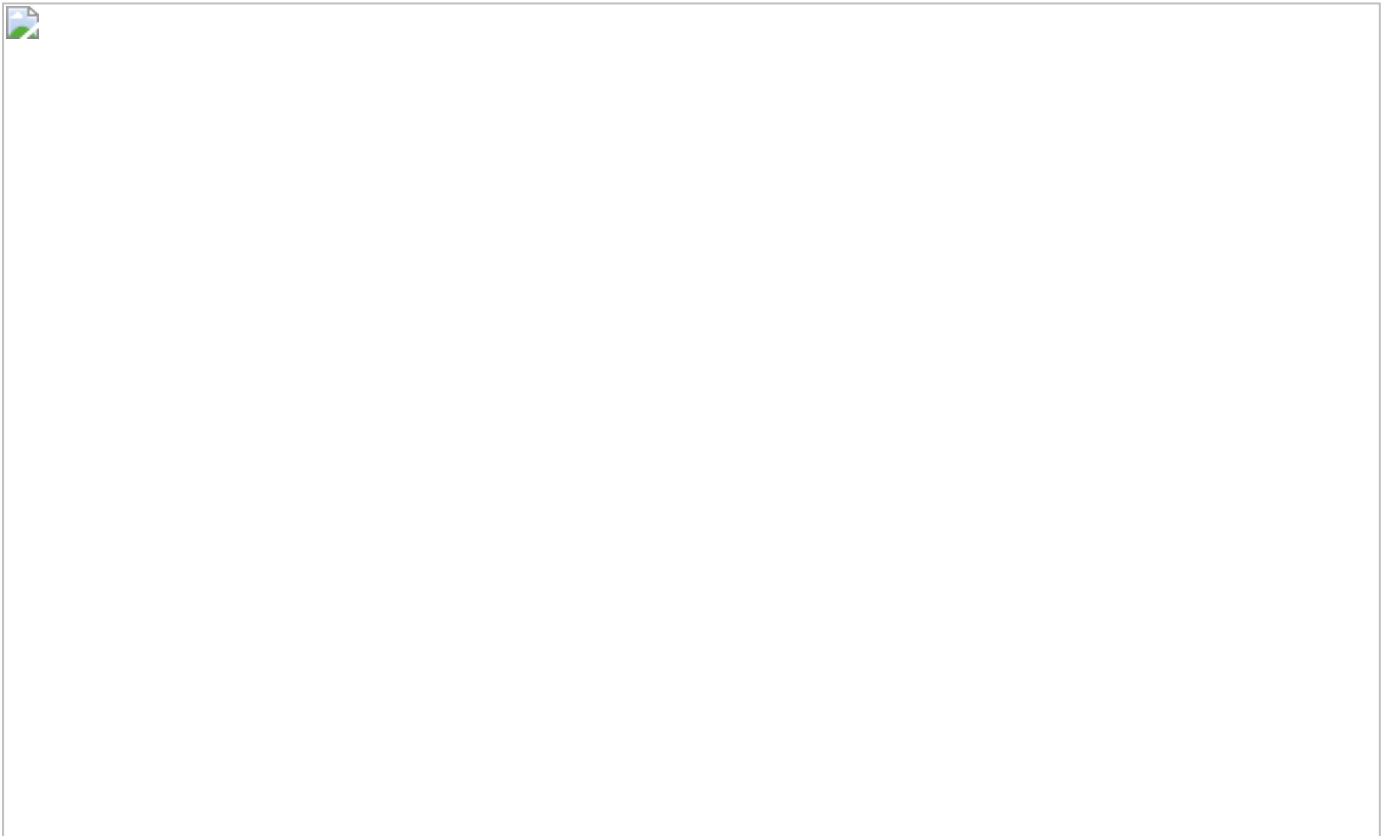
Reading Worksheet — Level C | tahricteaches.com

Look up at the night sky. You can see thousands of stars far, far away. Those stars are giant balls of gas and fire. Long ago, those stars made the tiny building blocks of everything we know — including you! Scientists call these building blocks **elements**.

There are many elements in nature. The most common ones in the universe are **hydrogen**, **oxygen**, **carbon**, and **nitrogen**. These four elements make up almost everything in space — from giant clouds of gas to small rocky planets.

Here is the amazing part. Your body is also made mostly of hydrogen, oxygen, carbon, and nitrogen! The same top four elements that fill the universe also fill *you*. Your blood, your bones, your skin — they all come from elements that were made inside stars billions of years ago.

Scientist Neil deGrasse Tyson says it best: "We are not only in the universe. The universe is also in us." That means you are connected to every star, galaxy, and planet. You are, in a very real way, made of **stardust**.



A. Vocabulary Matching

- | | |
|-------------|---|
| 1. element | a. tiny pieces of matter that came from stars |
| 2. stardust | b. a basic building block found in nature |
| 3. hydrogen | c. an important element found in all living things |
| 4. universe | d. the lightest and most common element in the universe |
| 5. carbon | e. all of space, including every star, planet, and galaxy |



B. True or False

1. T F Stars are made of gas and fire.
2. T F There are only two elements in the universe.
3. T F Hydrogen is the most common element in the universe.
4. T F Your body contains carbon and oxygen.
5. T F The same elements in your body are found in stars.
6. T F Stardust is only found in books.
7. T F Neil deGrasse Tyson is a scientist.
8. T F The universe has nothing in common with humans.



C. Fill in the Blanks

Word Bank: stardust elements universe hydrogen stars

1. Scientists call the tiny building blocks of matter _____.

2. The most common element in the universe is _____.

3. Neil deGrasse Tyson says the _____ is inside us.

4. Our bodies are made from _____ that came from space.

5. Your blood and bones were made from elements created inside _____.

D. Comprehension Questions

1. What are elements?

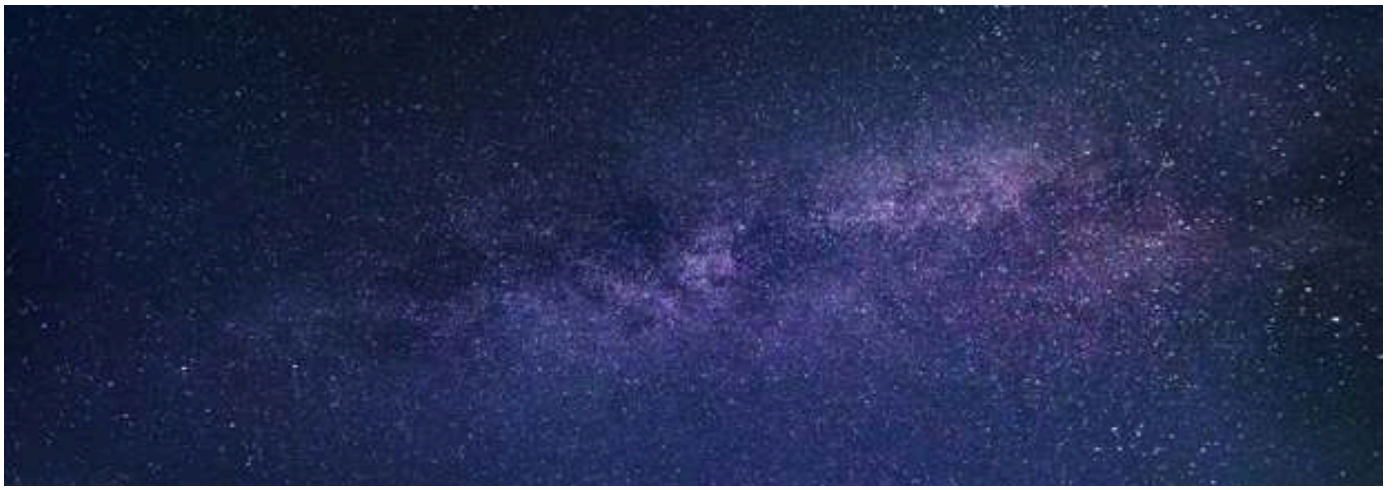
2. What are the four most common elements in the universe?

3. Why does Neil deGrasse Tyson say "the universe is in us"?

E. Discussion Questions

1. How does knowing you are made of stardust make you feel? Why?

2. What other connections between humans and space can you think of?



Answer Key

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A. Vocabulary

1-b, 2-a, 3-d, 4-e, 5-c

B. True or False

1-T, 2-F, 3-T, 4-T, 5-T, 6-F, 7-T, 8-F

C. Fill in the Blanks

1-elements, 2-hydrogen, 3-universe, 4-stardust, 5-stars

D. Comprehension Questions

1. Elements are tiny building blocks found in nature — the basic substances from which everything is made.
2. The four most common elements in the universe are hydrogen, oxygen, carbon, and nitrogen.
3. Because the same elements that make up the universe also make up our bodies — we are literally built from cosmic material.