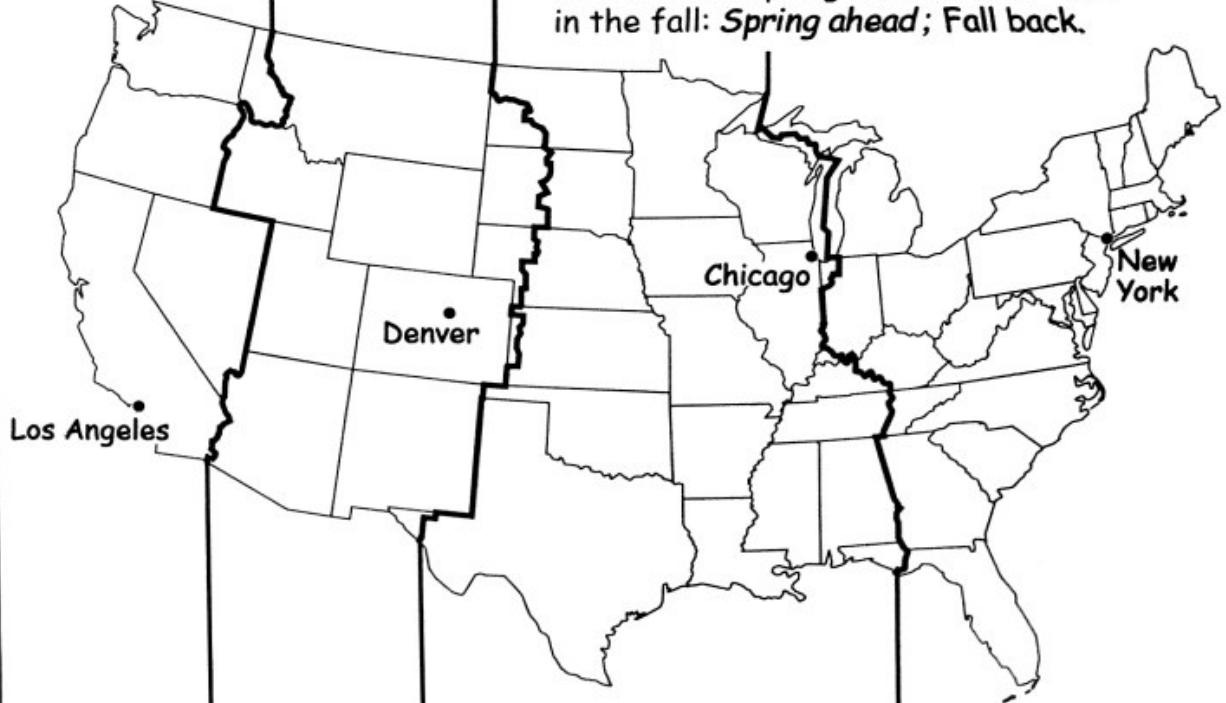
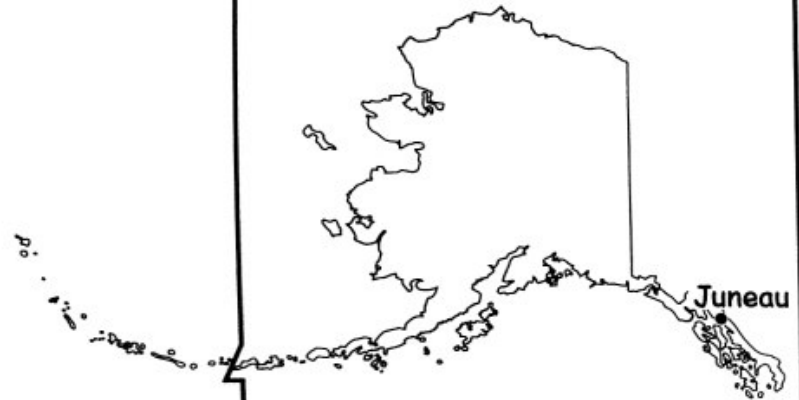


# Time Zones of the United States

Name \_\_\_\_\_

Daylight Saving Time begins on the first Sunday in April and ends on the last Sunday in October. Remember this trick to set your clocks one hour ahead in the spring and one hour back in the fall: *Spring ahead; Fall back.*



11:00 A.M.

12:00 P.M.

1:00 P.M.

2:00 P.M.

3:00 P.M.

4:00 P.M.



Hawaiian-Aleutian Time

Alaskan Time

Pacific Time

Mountain Time

Central Time

Eastern Time



# Time Zones of the United States

## Monday

1. The United States is divided into how many standard time zones?  
Name them from west to east.

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2. What is the time difference between each neighboring time zone?

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## Tuesday

1. Are the hours earlier or later to the west of each time zone?

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2. Cities in the Northeast region are part of which time zone?

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## Wednesday

1. Which time zone includes Hawaii and some of the western islands of Alaska?

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2. If it is 1:00 P.M. in Chicago, what time is it in Los Angeles?

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# Time Zones of the United States

## Thursday

1. If it is midnight in Chicago, what time is it in Seattle, Washington?

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2. Which states have areas that are part of Central and Mountain Time Zones?

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## Friday

1. If you live in Honolulu and it is 9:00 P.M., is it a good time to call your grandfather in New York? Why or why not?

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2. It is the first Sunday in April and clocks have been set one hour ahead. Why?

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## Challenge

Make up two time zone questions. Write your questions on the back of the map. Don't forget to include the answer. Pair up with a classmate and ask each other the time zone questions.