

# Find the Time Zone

A **time zone** is a region that observes a uniform standard of time. While some countries have a single time zone, other countries like the United States span several time zones.

If it's 1:00 in the Pacific time zone, it's 2:00 in the mountain time zone, 3:00 in the central time zone, and 4:00 in the eastern time zone.



**DIRECTIONS:** Use the map of the continental United States to answer the questions.

**Example:** If it is 8:00 a.m. in Chicago, what time is it in Seattle? 6:00 a.m.

1. If it's 5:00 a.m. in New York City, what time is it in St. Louis? \_\_\_\_\_
2. If it is 9:30 p.m. in San Francisco, what time is it in Atlanta? \_\_\_\_\_
3. Imagine you're in New Orleans, and your friend in Denver asked you to call her at 4:00 p.m. mountain time. What time will it be in New Orleans when you call? \_\_\_\_\_
4. Pretend you're flying from Cleveland to Salt Lake City. It's a four-hour flight, and you leave at 8:00 a.m. What time will it be in Salt Lake City when you land? \_\_\_\_\_
5. Pretend you're flying from Los Angeles to Boston. It's a six-hour flight, and you leave at 11:30 a.m. What time will it be in Boston when you land? \_\_\_\_\_
6. A train ride from Atlanta to Dallas is 18 hours. If you left Atlanta at 6:00 a.m., what time will it be when you arrive in Dallas? \_\_\_\_\_