A Postcard from Mo Farah

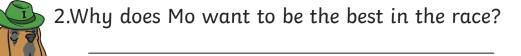
- 2 Hello Dad,
- 11 I'm writing to you from my running camp in
- 19 Africa. We have been training hard and working
- up a real sweat. It is important that we work
- 42 hard to keep fit so that we can be the best in
- the race; that includes making sure that we are
- eating healthy foods to keep our bodies strong.
- 67 For breakfast today, I had a bowl of porridge
- 78 with a banana on top. For lunch, I ate a jacket
- **87** potato with beans and a salad. For my evening
- 96 meal tonight, I'm going to be having chicken
- 103 with pasta and vegetables. I love eating healthy
- 114 food because it keeps me fit and lets me run for
- 115 longer.





1. Match the name of the meal to what Mo ate for it.

Breakfast chicken, pasta and vegetables
Lunch porridge with a banana on top
Evening Meal jacket potato with beans



3. '...it keeps me fit' In this sentence, what does 'fit' mean?

4. What else might Mo do to keep his body healthy?



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Answers

1. Match the name of the meal to what Mo ate for it.

Breakfast chicken, pasta and vegetables
Lunch porridge with a banana on top
Evening Meal jacket potato with beans



2.Why does Mo want to be the best in the race?

Accept any sensible inference linked to the text, e.g. Mo wants to be the best in the race so that he can win a medal.

3. '...it keeps me fit' In this sentence, what does 'fit' mean?

Accept any answer which equates fit to being healthy.

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4. What else might Mo do to keep his body healthy? Accept any sensible prediction linked to the topic, e.g. Mo might make sure that he always gets a good night's sleep.

