

Doctor's Orders

11 Mum: How did you go on at the doctors, Sammy? What
14 did they say?

24 Sammy: Well, it wasn't good news. The doctor says that
37 I need to get healthier or I will be poorly. I don't do
45 enough exercise and I'm not eating healthy food.

56 Mum: I thought you were quite healthy. You eat lots of
62 different things and you play outside.

76 Sammy: I know but it is not enough. I need to eat at least
85 five pieces of colourful, juicy fruit and tasty vegetables
96 every single day. I need to get at least thirty minutes
106 of tiring exercise every single day that makes my heart
112 beat faster and makes me sweaty.

120 Mum: Let's make more healthy choices together, Sammy.



Quick Questions



1. What does Sammy say will happen if she doesn't become healthier?



2. Did Mum know that Sammy was unhealthy? How do you know?



3. What might Sammy and Mum do to get healthier?



4. Which two adjectives does the author use to describe fruit?

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Answers

1. What does Sammy say will happen if she doesn't become healthier?

She will become poorly.

2. Did Mum know that Sammy was unhealthy? How do you know?

Accept the answer, 'No' followed by any sensible justification linked to the text, e.g. Mum did not know that Sammy was unhealthy. I know this because she says, 'I thought you were quite healthy.'

3. What might Sammy and Mum do to get healthier?

Accept any sensible answer linked to the topic, e.g. Sammy and Mum might go out jogging together/cook healthier food/eat more fruit and vegetables/stop eating fatty foods.

4. Which two adjectives does the author use to describe fruit?

colourful and juicy