

# 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  
29 up a real sweat. It is important that we work  
42 hard to keep fit so that we can be the best in  
50 the race; that includes making sure that we are  
58 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.



## Quick Questions

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?

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



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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.**



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.**

# Advice from a Dentist

10 It is very important to take good care of your  
19 teeth. Strong and healthy teeth will help you to  
29 chew and eat the right foods that will help you  
38 to grow big and strong. Healthy teeth help you  
42 to speak clearly, too.

52 After you eat, germs can stick to your teeth and  
59 make something called plaque. Plaque can cause  
70 holes to form in your teeth if it is not brushed  
77 away regularly. Plaque can also make your  
86 gums red and sore. If your gums are not  
95 healthy, your teeth may start to wobble or fall  
105 out. Make sure that you brush your teeth at least  
114 twice per day to keep your mouth clean and  
115 fresh.



# Quick Questions



1. What can plaque do to your teeth?

\_\_\_\_\_



2. Which two adjectives has the author used to describe how plaque can make your gums?

\_\_\_\_\_



3. What might you find difficult if your gums are not healthy?

\_\_\_\_\_



4. Number these sentences from 1 to 3 to show the order they appear in the text.

- Healthy teeth help you to speak clearly.
- Plaque can make your gums red and sore.
- Brush your teeth at least twice per day.

# Advice from a Dentist

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114 twice per day to keep your mouth clean and  
115 fresh.



# Answers



1. What can plaque do to your teeth?  
**Accept any answer eluding to the fact that plaque can cause holes to form/damage your teeth.**



2. Which two adjectives has the author used to describe how plaque can make your gums?  
**red and sore**



3. What might you find difficult if your gums are not healthy? **Accept any sensible answer linked to the text, e.g. If your gums aren't healthy, you might find it difficult to chew and speak properly.**



4. Number these facts from 1 to 3 to show the order they appear in the text.

- 1** Healthy teeth help you to speak clearly.
- 2** Plaque can make your gums red and sore.
- 3** Brush your teeth at least twice per day.



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



## 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**

# Recipe for a Healthy Fruit Salad

## You will need:

- 3 • one juicy, red apple
- 7 • three plump strawberries
- 10 • a handful of grapes
- 14 • one ripe banana
- 17 • any other fruit that you enjoy eating
- 24 • one cup of fresh, sweet orange juice
- 31 • a large, plastic bowl
- 35 • a sharp knife for an adult to use
- 43 • a spoon

## What to do:

- 48 1) Before you start, make sure that you wash your hands.

- 68 2) With help from a grown-up, cut up your fruit
- 71 into small pieces.
- 80 3) Put the little chunks of fruit into a bowl.
- 90 4) Pour the orange juice over the fruit until it is
- 92 all covered.
- 98 5) Mix the fruit salad and enjoy!



# Quick Questions



1. Number these instructions from 1 to 3 to show the order they must happen in.

- Wash your hands.
- Eat the fruit salad.
- Put the fruit into a bowl.



2. Which two adjectives has the author used to describe the orange juice?

\_\_\_\_\_



3. Why does the author say to cut up the fruit 'with help from a grown-up'?

\_\_\_\_\_  
\_\_\_\_\_



4. How many strawberries do you need for the recipe?

\_\_\_\_\_





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# Answers



1. Number these instructions from 1 to 3 to show the order they must happen in.

- 1 Wash your hands.
- 3 Eat the fruit salad.
- 2 Put the fruit into a bowl.



2. Which two adjectives has the author used to describe the orange juice?

**fresh and sweet**



3. Why does the author say to cut up the fruit 'with help from a grown-up'?

**Accept any sensible justification linked to the fact that using a knife is dangerous, e.g. You need an adult's help when using a knife to make sure that you do not get hurt.**



4. How many strawberries do you need for the recipe? **three**



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