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

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

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.

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.



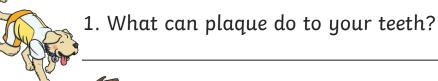
Advice from a Dentist

- 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





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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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

- 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?

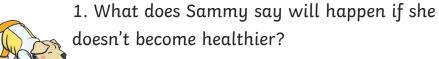


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Answers



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

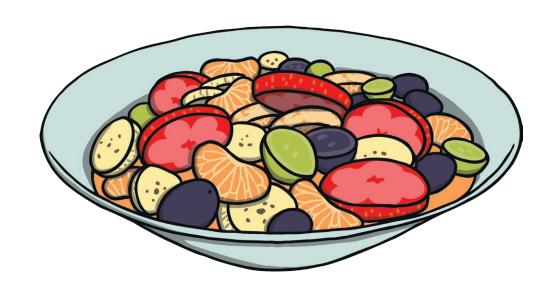


Recipe for a Healthy Fruit Salad

You will need:

- one juicy, red apple
- three plump strawberries
- a handful of grapes
- one ripe banana
- any other fruit that you enjoy eating
- one cup of fresh, sweet orange juice
- a large, plastic bowl
- a sharp knife for an adult to use
- **43** α 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.
- 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

 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?



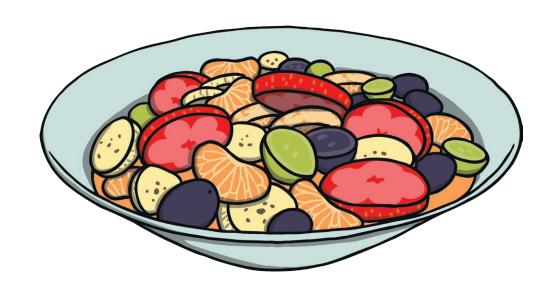


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Answers



- 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.





