

# I Can...

- 5 I can pat a cat.
- 11 I can sit in a pit.
- 17 I can tap on a lap.
- 23 I can hop to the top.
- 29 I can run in the sun.
- 36 It is fun but I am hot!



# Read Together Quick Questions

1. What does the child pat? Tick one.



- a dog
- a cat
- a hat

2. Which word rhymes with lap? Tick one.



- ham
- tap
- sun

3. Why do you think the child is hot? Tick one.



- because it is the summer
- because they have been running in the sun
- because they have a hot drink

4. What do you think the child will do next? Tick one.



- have a cold drink to cool down
- go to the park
- pat a dog

## Doctor's Orders

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

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

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

76 **Sammy:** I know but it is not enough. I need to eat at least five pieces of colourful, juicy fruit and tasty vegetables every single day. I need to get at least thirty minutes of tiring exercise every single day that makes my heart 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?

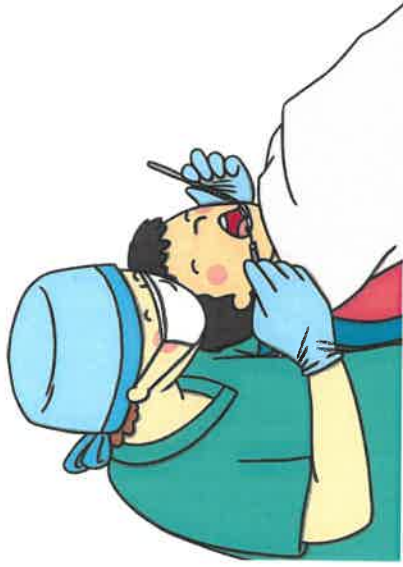


4. Which two adjectives does the author use to describe fruit?



# 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.



Purple penguins

# 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

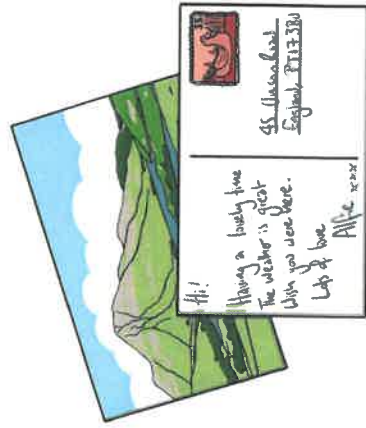
87 potato with beans and a salad. For my evening

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?

\_\_\_\_\_

\_\_\_\_\_



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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