



Good to Eat

Topic: Food

Curriculum link: Health, Physical Education

Text type: Report

Reading level: 23

Word count: 270

Vocabulary: calcium, carbohydrates, energy, fat, function, healthy, litres, minerals, protein, starch, substance, vitamins, water

Possible literacy focus

Understanding information presented in graphic form.

Drawing inferences from the text.

Summary

This book is about the food eaten by people all over the world and what different foods provide for our bodies. A range of interesting facts is provided.

Task Card

Model

You will need:



cardboard, paper plates, icy-pole sticks, straws, pipe cleaners, small boxes, material, coloured paper, crepe paper, glue, scissors, sticky tape

1. Work with a partner to make a model of a healthy meal. You could choose to make breakfast, lunch or dinner.
2. Place your meal on a paper plate.
3. Label each item.
4. Write about why your meal is healthy.
5. Display your model in the classroom.










Name _____

Healthy bodies

Describe how each of these substances keeps you healthy.

Substance	Facts
<p>Water</p> 	<hr/> <hr/> <hr/> <hr/>
<p>Vitamins and minerals</p> 	<hr/> <hr/> <hr/> <hr/>
<p>Carbohydrates</p> 	<hr/> <hr/> <hr/> <hr/>
<p>Protein</p> 	<hr/> <hr/> <hr/> <hr/>
<p>Fat</p> 	<hr/> <hr/> <hr/> <hr/>



Name _____

Sorting food

Cut out the pictures. Divide a piece of paper into two and write 'Healthy food' at the top of one column and 'Unhealthy food' at the top of the other. Now paste the pictures under the correct headings.

