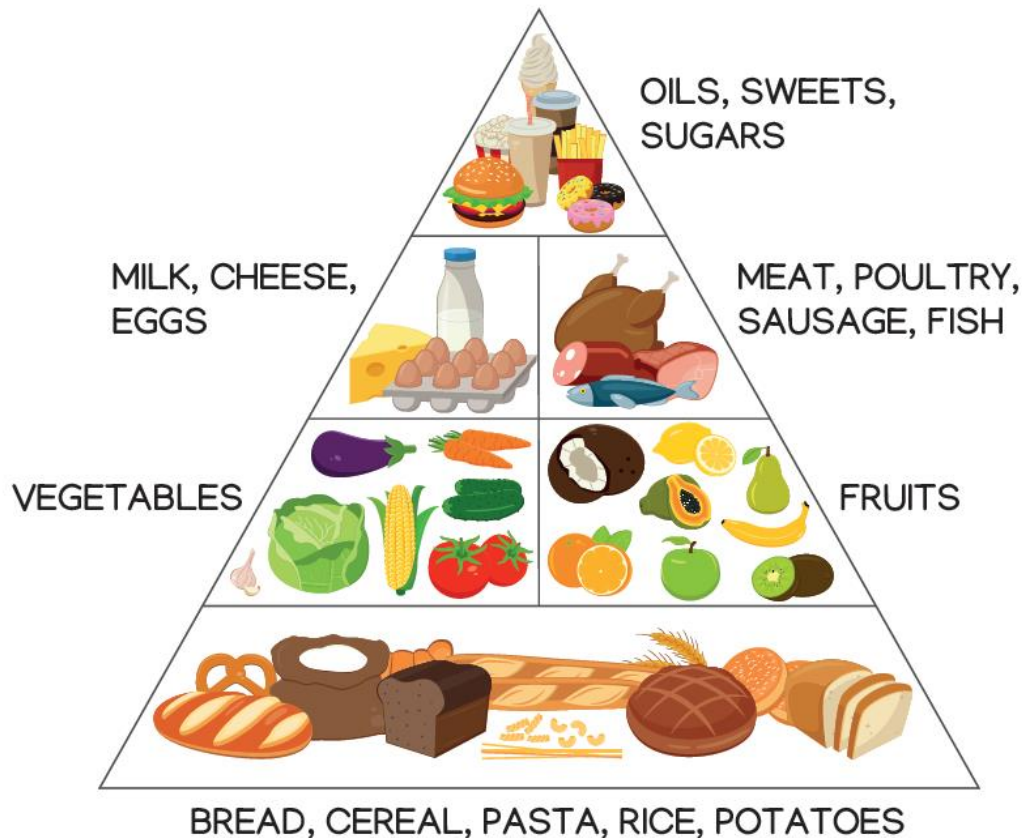


Healthy Eating

Eating a varied and balanced diet is vital to keep the human body healthy.

The food pyramid below shows how much of each food type you should eat each day.



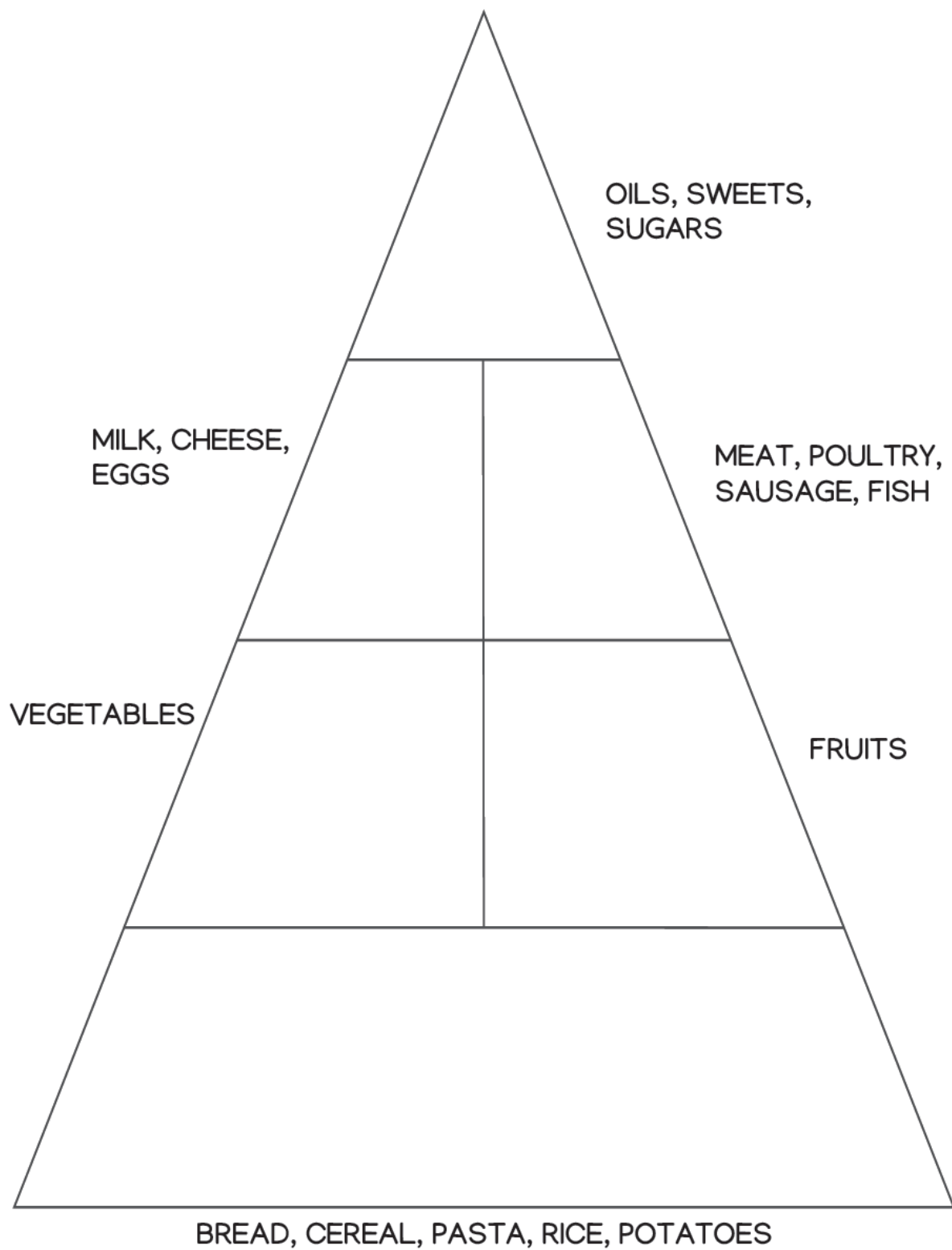
1) Why do you think oils, sweets and sugar are the smallest group?

2) Bread, cereal, pasta and rice are examples of food that are carbohydrates. Why do you think that this is the largest food group to eat each day?

3) Which foods in the pyramid are dairy?

4) Can you name any other foods that are dairy?

Complete the food pyramid below, drawing examples of food for each group.



Use the information from the food pyramid to design a healthy menu for your family for a whole day. Write foods for each meal and include drinks. Think carefully about foods that are made up of several ingredients as they may include elements from different groups (e.g. cottage pie has meat, potatoes, butter (to mash the potatoes) and possibly vegetables).

	Food	Drinks
Breakfast		
Lunch		
Dinner		
Snacks		

Setting cards

Write a setting description using these cards. What can you see, hear, taste, smell, and touch? Include a simile, a relative clause (who, which, that, whose, where), and fronted adverbials.



Snack Journal

Date: _____

Write the snacks that you have eaten today in the table below, showing whether they are healthy or unhealthy choices.

Healthy Snacks

Unhealthy Snacks

What other healthy food have you eaten today?

Snack Journal

Date: _____

Write the snacks that you have eaten today in the table below, showing whether they are healthy or unhealthy choices.

Healthy Snacks

Unhealthy Snacks

What other healthy food have you eaten today?

Drink Me!



From *Alice In Wonderland* by Lewis Carroll, Chapter 1

Suddenly she came upon a little three-legged table, all made of solid glass; there was nothing on it except a tiny golden key, and Alice's first thought was that it might belong to one of the doors of the hall; but, alas! either the locks were too large, or the key was too small, but at any rate it would not open any of them. However, on the second time round, she came upon a low curtain she had not noticed before, and behind it was a little door about fifteen inches high: she tried the little golden key in the lock, and to her great delight it fitted!

Alice opened the door and found that it led into a small passage, not much larger than a rat-hole: she knelt down and looked along the passage into the loveliest garden you ever saw. How she longed to get out of that dark hall, and wander about among those beds of bright flowers and those cool fountains, but she could not even get her head through the doorway; 'and even if my head would go through,' thought poor Alice, 'it would be of very little use without my shoulders. Oh, how I wish I could shut up like a telescope! I think I could, if I only know how to begin.' For, you see, so many out-of-the-way things had happened lately, that Alice had begun to think that very few things indeed were really impossible.

1) Where was the tiny golden key?

2) What was behind a low curtain?

3) Write two things that Alice could see in the garden through the little door?



4) Why does Alice wish that she could 'shut up like a telescope'?

There seemed to be no use in waiting by the little door, so she went back to the table, half hoping she might find another key on it, or at any rate a book of rules for shutting people up like telescopes: this time she found a little bottle on it, ('which certainly was not here before,' said Alice,) and round the neck of the bottle was a paper label, with the words 'DRINK ME' beautifully printed on it in large letters.

It was all very well to say 'Drink me,' but the wise little Alice was not going to do THAT in a hurry. 'No, I'll look first,' she said, 'and see whether it's marked "poison" or not'; for she had read several nice little histories about children who had got burnt, and eaten up by wild beasts and other unpleasant things, all because they WOULD not remember the simple rules their friends had taught them: such as, that a red-hot poker will burn you if you hold it too long; and that if you cut your finger VERY deeply with a knife, it usually bleeds; and she had never forgotten that, if you drink much from a bottle marked 'poison,' it is almost certain to disagree with you, sooner or later.

However, this bottle was NOT marked 'poison,' so Alice ventured to taste it, and finding it very nice, (it had, in fact, a sort of mixed flavour of cherry-tart, custard, pine-apple, roast turkey, toffee, and hot buttered toast,) she very soon finished it off.

5) What did the label say on the little bottle?

6) Write two simple rules Alice mentions:

a) _____

b) _____

7) Why did Alice decide to drink what was in the bottle?

8) Do you think Alice was 'wise' to drink it? Circle one and explain why.

yes

no

.....

Questions about the whole text...

9) Write the numbers 1–5 in the boxes to show the order that events happened in the story

Alice found a little bottle which said 'DRINK ME'.

Alice drank the drink from the little bottle.

Alice found a tiny golden key.

Alice discovered a small door behind a low curtain.

Alice looked through a small door at a beautiful garden.

10) Alice is often described as a 'curious child'.
Do you think Alice is curious? Circle one.

yes

no

Explain why you think this, using examples from the story to help you explain.

11) What do you think will happen next in the story?

1) Where was the tiny golden key?

on a glass three-legged table

2) What was behind a low curtain?

a little door (about 15 inches high)

3) Write two things that Alice could see in the garden through the little door?

(beds of bright) flowers

(cool) fountains

4) Why does Alice wish that she could 'shut up like a telescope'?

She wants to do this so that she is small enough to fit through the door.

A telescope can be made smaller.

5) What did the label say on the little bottle?

DRINK ME

6) Write two simple rules Alice mentions:

a) A red hot poker will burn you (if you hold it too long).

b) If you cut your finger (very deeply) with a knife, it will bleed.

7) Why did Alice decide to drink what was in the bottle?

Because it was not marked 'poison', and when she tasted it, it was very nice.

8) Do you think Alice was 'wise' to drink it? Circle one and explain why.

yes

no

Because you should not drink things if you do not know what they are, even if they do taste nice. (Other plausible explanations may be given.)

Questions about the whole text...

9) Write the numbers 1–5 in the boxes to show the order that events happened in the story

- | | |
|---|--|
| 4 | Alice found a little bottle which said 'DRINK ME'. |
| 5 | Alice drank the drink from the little bottle. |
| 1 | Alice found a tiny golden key. |
| 2 | Alice discovered a small door behind a low curtain. |
| 3 | Alice looked through a small door at a beautiful garden. |

10) Alice is often described as a 'curious child'.
Do you think Alice is curious? Circle one.

yes no

Explain why you think this, using examples from the story to help you explain.

Answers will vary but must refer back to the text.

Alice could be described as curious because she is very inquisitive and asks lots of questions. She drinks and eat things that she probably should not . Alice is curious about what could have been behind the doors in the hall and wants to go and explore the garden behind the small door.

11) What do you think will happen next in the story?

Answers will vary. Plausible answers linked to what children have read so far and their prior knowledge of the story are accepted.
