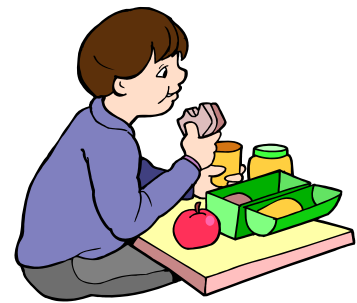


## Level Nine

### Reading Sheet one



My name is Tony. I am eating my lunch at school. This week all my class is eating a healthy lunch. We are in a competition to see how many children in each school eat healthy food. The school with the most children eating good food wins a certificate. I hope our school wins.

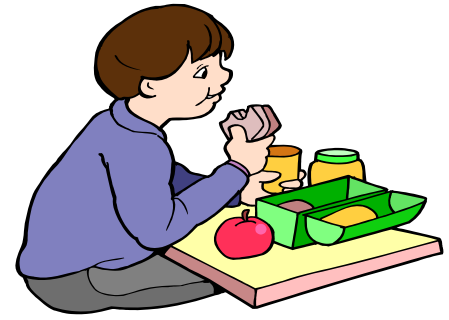
My mum helps me pack my lunch box each day. I always put in some fruit, yoghurt and a sandwich. Today my sandwich has cheese and tomato. Yesterday I had some pita bread with grated carrots and grated cheese. I rolled it up so it was like a wrap. It tasted yummy. Last week I was eating chips and biscuits for my school lunch, but now that I am making my own I am only eating healthy food. It tastes much better and I am gaining points for our school. That is a good feeling. Tomorrow we are making our lunch at school. In the morning we will all walk to the supermarket and buy the ingredients to make open face sandwiches and fruit salad. We are making a list of what we need, and counting the money we have all brought to school.

My group is buying the ingredients for the fruit salad. On our list we have watermelon, apples, oranges, bananas and kiwi fruit. We are also buying yoghurt to go with the fruit salad. If we have any money left we will get some grapes and strawberries. Then when we get back to school some of our mum's are coming in to help us cut the fruit up. It should be fun. I am looking forward to making fruit salad tomorrow. My friend Thomas is buying the ingredients for the face sandwiches. His group has decided to have grated carrot for hair, tomato for a nose, cheese and sultanas for the eyes and mouth and lettuce and cucumber for other parts of the face. They are going to use a pastry cutter to cut the bread in a circle as a face shape.

I am really looking forward to our special lunch tomorrow. It will be fun going to the supermarket and buying the things we need and it will be fun getting the food ready. I hope all the other children like our lunch too.

## Level Nine

### Comprehension sheet one



1 .List some of the ingredients the children used to make the fruit salad.

\_\_\_\_\_

2. Why were the children having a healthy lunch week?

\_\_\_\_\_

3. Write the names of two healthy things you have eaten this week.

1. \_\_\_\_\_ 2. \_\_\_\_\_

4. Write three healthy foods you can buy at the supermarket or shop.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

5. Write two unhealthy things that you have seen eaten at school.

1. \_\_\_\_\_ 2. \_\_\_\_\_

6. List two other things that you can do to keep healthy.

1. \_\_\_\_\_ 2. \_\_\_\_\_

# Level nine

## Activity sheet one

1. List as many fruit words as you can think of. Use your dictionary to help you spell the words.

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2. See how many words you can make from the word.

**watermelon**

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3. Unjumble these words. They are all names of fruit.

lpmu

plape

ageorn

epgras

anabnaa

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4. Put these fruits in alphabetical order.

watermelon

plum

grape

orange

apple

banana

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_