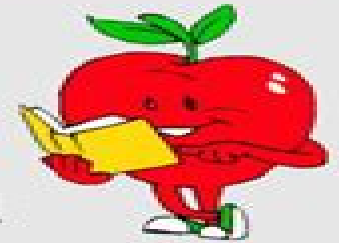


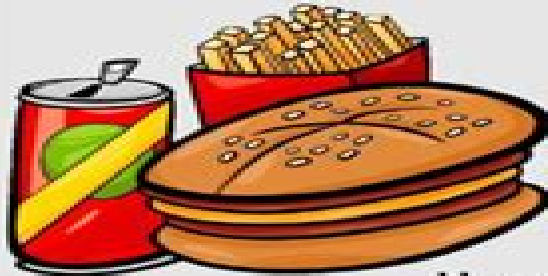
READING ACTIVITY

NAME : _____

CLASS : _____



READ THE TEXT CAREFULLY AND ANSWER THE FOLLOWING QUESTIONS



Doctors tell us to eat more fruits and more vegetables. They tell us to drink more water and less **fizzy drinks**. But do we listen?? No, we **continue** to eat lots of **junk food** like pizza, sweets, chips, cakes and biscuits.

We are what we eat. If we keep putting bad things into our bodies every day, like lots of fats and sugar, we will see bad things happen to our body. Unhealthy food makes your body unhealthy. When you get older you start to have a lot of problems like heart **diseases**. We only think that burgers taste better than salad. We think that the juice we buy from the supermarket is more delicious than the juice we make at home. Burgers, French Fries and fizzy drinks may be delicious but they haven't got enough vitamins and minerals. Your body needs vitamins and **minerals** to grow healthy. Healthy food gives our body the vitamins and the minerals it needs.

People eat junk food because it is **tasty** but everybody can have a tasty meal at home. The only problem is that buying fresh **products** and cooking takes time. And people **prefer** to spend time doing other activities such as watching films, meeting friends, walking in parks and so on. I also like to do these activities but I am very careful of my body. If you want to be healthy, you should eat healthy food every day!!



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Zhe Xu



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Complete Year, Grade 5 Thinking Kids, 2014-06-02 Complete Year for Grade 5 provides a whole year's worth of practice for essential school skills including verb tenses using quotation marks compound and complex sentences fractions working with multi digit numbers volume and more Thinking Kids R Complete Year is a comprehensive at home learning resource with 36 lessons one for each week of the school year Practice activities for multiple subject areas including reading writing language arts and math are included in each weekly lesson to ensure mastery of all subject areas for one grade level Complete Year lessons support the Common Core State Standards now adopted in most US states Handy organizers help parents monitor and track their child's progress and provide fun bonus learning activities Complete Year is a complete solution for academic success in the coming school year

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ity Tests Years 5 6 is a comprehensive study guide for the General Ability section of the Selective Schools and Scholarship Tests usually undertaken in Year 6 The questions test a wide variety of skills including word knowledge number series analogies reasoning spatial ability and anagrams In this book your child will find an introductory section on how best to prepare for the Selective Schools and Scholarship examinations nine multiple choice General Ability Tests answers to all questions explanations that outline the thinking skills required for each question a table for each test that allows you to pinpoint problem areas *English Comprehension: Year 2* , *English Comprehension* , *Excel Practice* Alan Horsfield,1998 Daily Warm-Ups: Reading, Grade 5 Sarah Kartchner Clark,2006-05 Quick easy effective activities support standards and help students improve skills they need for success in testing **Contributions to Education** ,1929 *Legislative Document* New York (State). Legislature,1929 **New York Legislative Documents** New York (State). Legislature,1929 **The Psychological Assessment of Reading** John Beech,Chris Singleton,2021-12-24 A useful guide to best practice including reviews of the latest and most helpful tests available In Part One contributors discuss the theory of reading assessment including issues such as screening legal aspects memory and visual problems computer based assessment and the dyslexias Part Two contains the review section where experts give comprehensive reviews of named tests Resources in Education ,1997 **The Psychological Clinic** ,1919 **The Psychological Clinic** Lightner Witmer,1922 Mental Measurements of the Blind Thomas Harvey Haines,1916 *Psychological Review ...* ,1916 Psychological Monographs ,1917 Includes music **Survey Report of the Chanute, Kansas, School System** Francis Paul OBrien,1924

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