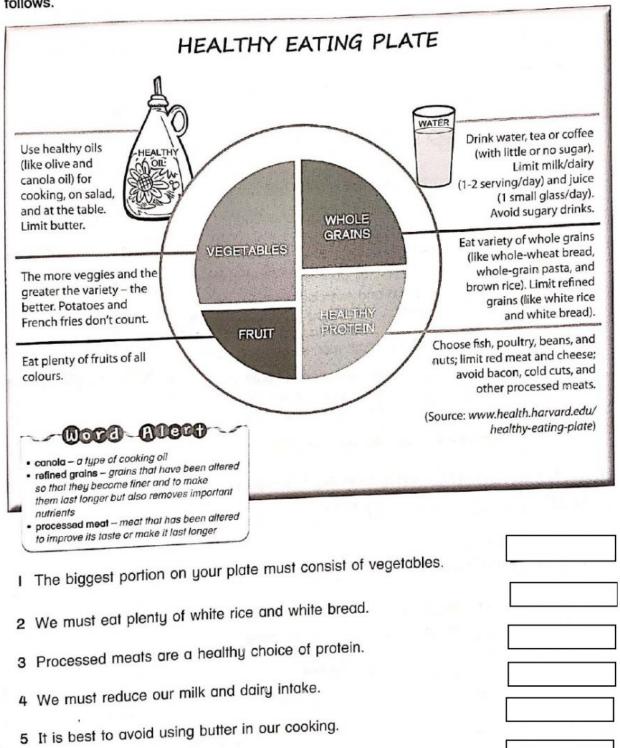
Reading Cluster 2

L.S. 2.2.3 (a) Able to read and demonstrate understanding of texts by: giving main ideas and supporting details

Performance Level 1 Very Limited 2 Limited 3 Sollsfactory 4 Good 5 Very Good 6 Excellent

Study the diagram below. Then answer 'True' or 'False' for each of the statements that follows.



6 We are advised to have I - 2 servings of juice a day.

Unit 7 Healthy and Wise The		Texibook Reference: Pages 64 -
Reading Cluster 2	ing main ideas and s	supporting details, drawing conclusio
L.S. 2.2.3 (a), (c) Able to read and	demonstrate understanding of texts by: giving main ideas and s	5 Very Good 6 Excellent
Performance Level 1 Very Lin	milled 2 Limited 3 Satisfactory 4 Good 1	
Road the poem below or	nd answer the questions that follow.	100
Redu ille poem bolom di		
	Stay Healthy	
	How do you stay healthy? Eat right! Sleep right! Exercise to keep right!	
	Just as cars need gas to go, You need food to run and grow. So many foods to eat, it's true! Which ones are the best for you?	
	Food alone is not enough, Exercise also keeps you tough. So many ways to work out, it's true! What kind of exercise do you do?	grain (Contraction)
	Food and exercise aren't enough, Rest also keeps you healthy and tough. How many hours do you sleep at night? Get enough rest, so you feel right!	
	How do you stay healthy?	gas – petrol work out – exercise
I List three would to sto	ay healthy according to the poem.	
(i)	(ii) (iii))
2 How do we eat right?	,	I I IN THE THE I
3 Beside food and exer	rcise, what must we do to keep ourselves	healthy and strong?
4 Give one example of	exercise. GOTO Applying	
5 What can you conclu	de from the poem above? (HOTS) Analysing	Harrist Control of the Control of th
	and of the con-	