

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 Satisfactory ☐4 Good ☐5 Very Good ☐6 Excellent ☐

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

HEALTHY EATING PLATE

HEALTHY OILS
Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter.

WATER
Drink water, tea or coffee (with little or no sugar). Limit milk/dairy (1-2 serving/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES
The more veggies and the greater the variety – the better. Potatoes and French fries don't count.

WHOLE GRAINS
Eat variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUIT
Eat plenty of fruits of all colours.

HEALTHY PROTEIN
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

(Source: www.health.harvard.edu/healthy-eating-plate)

Word Alert

- **canola** – a type of cooking oil
- **refined grains** – grains that have been altered so that they become finer and to make them last longer but also removes important nutrients
- **processed meat** – meat that has been altered to improve its taste or make it last longer

- 1 The biggest portion on your plate must consist of vegetables.
- 2 We must eat plenty of white rice and white bread.
- 3 Processed meats are a healthy choice of protein.
- 4 We must reduce our milk and dairy intake.
- 5 It is best to avoid using butter in our cooking.
- 6 We are advised to have 1 – 2 servings of juice a day.

Reading Cluster 2

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

Performance Level

1 Very Limited ☐2 Limited ☐3 Satisfactory ☐4 Good ☐5 Very Good ☐6 Excellent ☐

Read the poem below and answer the questions that follow.

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?

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?
Eat right! Sleep right!
Exercise to keep right!



Word Alert

- gas – petrol
- work out – exercise

1 List **three** ways to stay healthy according to the poem.

(i)

(ii)

(iii)

2 How do we eat right?

3 Beside food and exercise, what must we do to keep ourselves healthy and strong?

4 Give **one** example of exercise. **HOTS** Applying
5 What can you conclude from the poem above? **HOTS** Analysing