

check your health

Read the letter Jamie wrote to the Principal, and help her edit it.

dear mrs boffin

I am writing to ask you to make the canteen menu more healthy. at the moment theres a lot (of/off) junk food like sausage rolls, pies and chocolate

Children need healthy foods because they contain vitamins, minerals and fibre which make us grow and stay well eating (to/ too) many unhealthy foods can make us sick or (overweight/ overwait).

Children who have a healthy diet can learn and perform better in school Healthy food is fuel for our body and gives us the energy to do the things we want to do

it would be great if (there/their) were some vegetables and fruit on the canteen menu, or even some fruit smoothies!

I look forward to hearing from you

Yours sincerely

jamie
room 21



1. Punctuation

- Circle 8 missing capital letters and 5 missing full stops.
- Add an apostrophe where a word is missing an 'i'.

2. Spelling

- Cross out the wrong spelling for the words that have a choice given.

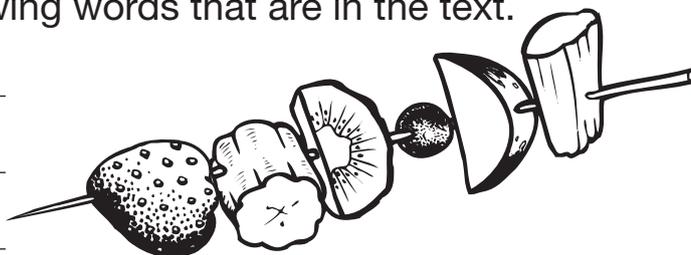
3. Grammar

- Write a synonym for the following words that are in the text.

sick _____

healthy _____

energy _____



- Write an adjective that describes the following nouns from the text.

_____ food

_____ smoothie

_____ diet

