

# Additional Resources – Reading Comprehension

## Healthy Eating Workshop

Read the text and answer the questions below.

1. What type of text is this? What is its purpose?

2. What features would you expect to find in this text type?

3. Why has the author used lots of questions at the beginning?

4. Identify some examples of exaggerated language.

5. Identify an example of flattering the reader.

6. What does the word 'nourish' mean?

7. Identify TWO examples of alliteration.

8. What is the intended purpose of the brackets?

9. What type of word is 'delightfully'?

10. What is the word 'loveliness' referring to in the context of this text?

11. What does the prefix 'anti-' mean? Think of TWO more words that include this prefix.

12. Why has the author stated that 'limited spaces are available'?

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### Healthy Eating Workshop

How nutritious are the meals you're eating?  
Do you know how to maintain a healthy and balanced diet?  
Are you interested in learning more about the food you eat?  
Then it's time to head to our new and exciting workshop!

Join us at our

# Healthy Eating Workshop

and the best part is – it's FREE!

Join the inspirational staff and children of  
**St. Chads Primary School, on Friday 23<sup>rd</sup> June, at 5pm.**  
Prepare to be food-wise and body-wise!

- ❖ Our workshop is designed to teach you about the food your body actually needs. If you're feeling sluggish after eating, why continue filling up on sugar-laden food with no nutritional value when you can fill up on the good stuff instead?
- ❖ We'll teach you all about the essential nutrients your body craves. We'll also demonstrate how to plan and prepare a whole week of healthy and hearty delights!
- ❖ Think of your body as a gleaming, flame-red Ferrari; only the right type of fuel will result in a top-notch performance. When you nourish your body with wholesome, appetising food, it provides you with the energy to grow, play and keep illness at bay. Only the best will do for your body!
- ❖ Ever tried an avocado, apricot or almond? Participate in our fun, blindfolded taste test and you might just discover a delightfully delicious new food.
- ❖ Test your knowledge of food groups (if you dare) and see if you can correctly guess how much of the different food types you should eat, in our fabulous food fact challenge.
- ❖ Do you eat five portions of fruit and veg a day? If not, then discover our taste-tingling tips on how to squeeze some extra portions of loveliness into your daily diet.

- ❖ Did you know that honey contains incredible natural healing qualities and just a smidgen of it can be used to sweeten your food? It can also double as a soothing, homemade moisturiser to quench your neglected, dehydrated skin.
- ❖ Did you also know that garlic has antibacterial, antifungal, antiviral and antiseptic properties? Now you can amaze your auntie with these awesome facts!
- ❖ Prepare to be flabbergasted by these and many, many more fantastic food facts!

**Obesity levels are rising – fact! Don't be a negative statistic.  
Fad diets belong in the dark ages! With our help, you can soon be making  
informed food choices instead.**

**Don't eat less – just eat right!**

**Limited spaces are available, so register your interest now  
by phoning: 01766 933487**