

Are unhealthy eating habits losing you pounds in the shop  
but adding pounds to your weight?

Do you grab a banoffee pie before a banana?

Then it's time to make a change!

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. Why fill up on fatty, sugar-laden food that has 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 anti facts!
- ❖ Prepare to be flabbergasted by these and 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

**classroomsecrets.com**

Healthy Eating Workshop – Y6/P7/G5 – Text

Like this? Find more  
differentiated Healthy Eating  
resources [here](#).

## Section A

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

2. Identify an example of flattering the reader.

3. Identify TWO examples of alliteration.

4. Think of THREE more words that mean the same as 'flabbergasted'.

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

**Section B**

6. What type of text is this? What is it's purpose?

7. Identify some examples of exaggerated language.

8. What type of word is 'delightfully'?

9. Why might it be beneficial to have a jar of honey on your cupboard?

10. What does the slogan, 'Don't eat less – just eat right!' mean?

Section C

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

12. What does the word ‘nourish’ mean?

13. What is the purpose of the brackets?

14. What is the purpose of the ‘did you know’ questions?

15. ‘Obesity levels are rising – fact!’ Why is this sentence written in this way?

Section D

16. Why has the author chosen to compare a banoffee pie with a banana?

17. Why do you think the author uses the example of the Ferrari?

18. What is the word ‘loveliness’ referring to in the context of this text?

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

20. What are ‘fad diets’ and why does the author think they should belong in the dark ages?

## Healthy Eating Workshop – Challenge Activity

### Section A

Identify whether you would normally find these features in a persuasive leaflet.

<u>Feature</u>	<u>Found in a persuasive leaflet</u>	<u>Not found in a persuasive leaflet</u>
alliteration	<input type="checkbox"/>	<input type="checkbox"/>
exaggerated language	<input type="checkbox"/>	<input type="checkbox"/>
list of ingredients	<input type="checkbox"/>	<input type="checkbox"/>
emotive language	<input type="checkbox"/>	<input type="checkbox"/>
stage directions	<input type="checkbox"/>	<input type="checkbox"/>
rhetorical questions	<input type="checkbox"/>	<input type="checkbox"/>
active voice	<input type="checkbox"/>	<input type="checkbox"/>
passive voice	<input type="checkbox"/>	<input type="checkbox"/>
orientation	<input type="checkbox"/>	<input type="checkbox"/>

### Section B

Identify whether the following sentences are fact or opinion.

	<b>Fact</b>	<b>Opinion</b>
Protein builds, grows and repairs our cells.	<input type="checkbox"/>	<input type="checkbox"/>
Fibre helps us to digest our food.	<input type="checkbox"/>	<input type="checkbox"/>
Broccoli tastes better after it has been steamed.	<input type="checkbox"/>	<input type="checkbox"/>
Fats provide energy that is stored by the body.	<input type="checkbox"/>	<input type="checkbox"/>
Raw vegetables are tastier than cooked vegetables.	<input type="checkbox"/>	<input type="checkbox"/>
The healthy eating workshop will change your life forever.	<input type="checkbox"/>	<input type="checkbox"/>

## Healthy Eating Workshop – Challenge Activity

### Section C

Identify whether the following sentences are active or passive.

	Active	Passive
The boy was chopping the banana.	<input type="checkbox"/>	<input type="checkbox"/>
The children have changed their diets for the better.	<input type="checkbox"/>	<input type="checkbox"/>
A healthy eating workshop has been organised by Year 6.	<input type="checkbox"/>	<input type="checkbox"/>
Shops have now stocked up on healthier products.	<input type="checkbox"/>	<input type="checkbox"/>
The healthy meal had been designed by the children.	<input type="checkbox"/>	<input type="checkbox"/>
The lettuce was grown by the farmer.	<input type="checkbox"/>	<input type="checkbox"/>

### Section D

Improve the following sentences by using more exaggerated or emotive language.

Each day, try to include at least five portions of fruit and vegetables in your diet.

Put your knowledge of food to the test by taking part in our quiz.

Feed your body the right kind of food to stay fit and healthy.

Learn how to prepare a weeks worth of healthy food.

Impress your friends with your knowledge of healthy food.

We'll show you how to make a nice tasting soup which is full of healthy things.