

Reading task 1: We are learning to retrieve information from the text:

Text:

Healthy Eating

Food keeps us healthy and help us grow. Food provides us with energy to be able to function throughout the day. By eating a balanced diet, your body obtains the fuel and nutrients it needs to function properly. Your body needs minerals to make hormones, build bones and regulate your heartbeat. Water flushes out toxins, transports nutrients to cells and performs other vital bodily processes.

Carbohydrates

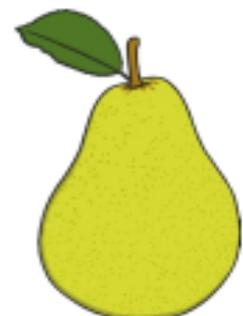
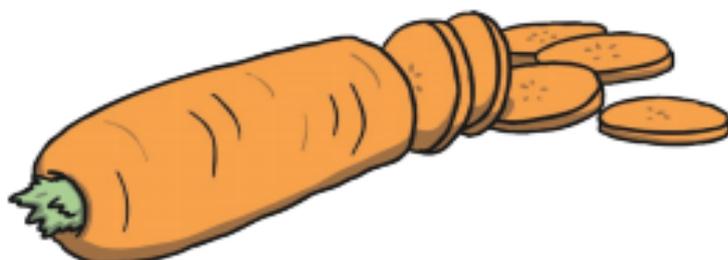
Bread, rice and potatoes are examples of carbohydrate rich foods. These foods give us plenty of energy. You should try and eat a lot of carbohydrates each day. As well as energy, carbohydrates provide us with fibre, iron, B vitamins and calcium.

Fruit and Vegetables

Fruit and vegetables provide us with vitamins and minerals essential for keeping us healthy as well as fibre which is important for digestion. A diet high in fibre can also reduce your risk of heart disease, stroke and some cancers. Try to eat at least five portions of fruit and vegetables a day. Remember that potatoes do not count as a portion of vegetables.

Dairy

1. Dairy products are great sources of protein and calcium and are found in milk, cheese and yogurt. Protein helps our bodies to grow or repair themselves. Protein builds, maintains, and replaces the tissues in your body. Your muscles, organs, and immune system are made up mostly of protein. Calcium helps to keep our bones and teeth strong. We should eat between two or three portions of dairy foods a day.



Meat, Fish, Eggs and Beans

These foods are a good source of protein, vitamins and minerals in your diet. These foods help the body to grow and repair itself and keep hair, skin, muscles and nails strong. We should eat some of these foods a day.

Foods High in Fats and Sugar

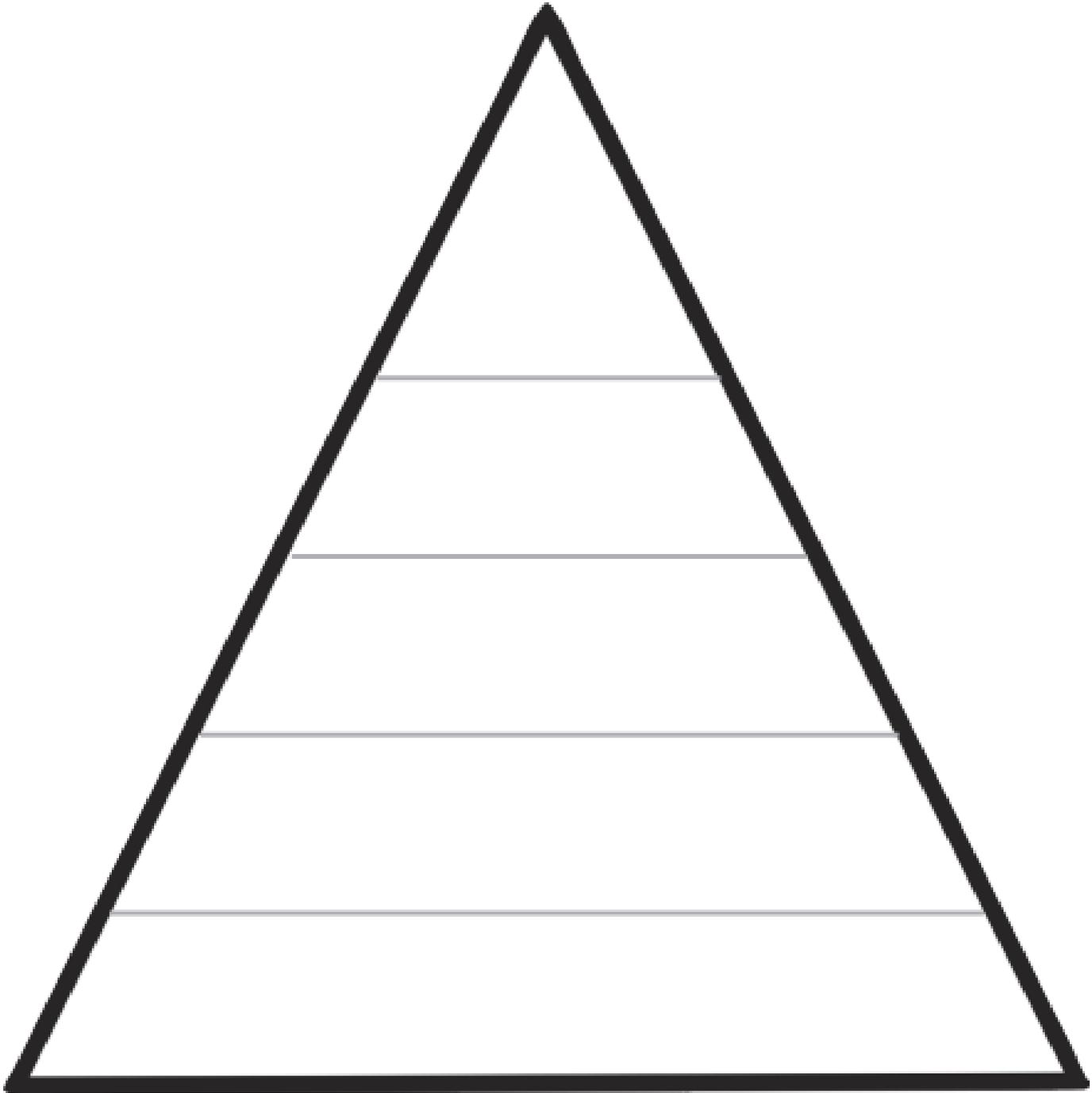
These foods provide the body with energy, warmth and insulation around vital organs. Too much fat in your diet can raise cholesterol, which increases the risk of heart disease. A small amount of fat is part of a healthy, balanced diet. Fat is a source of essential fatty acids such as omega-3 because the body can't make them itself. Fat helps the body absorb vitamins A, D and E.

To be healthy, nutritious food is needed to provide energy for the body. A variety of food is needed in the diet because different foods contain different substances that are needed to keep you healthy.

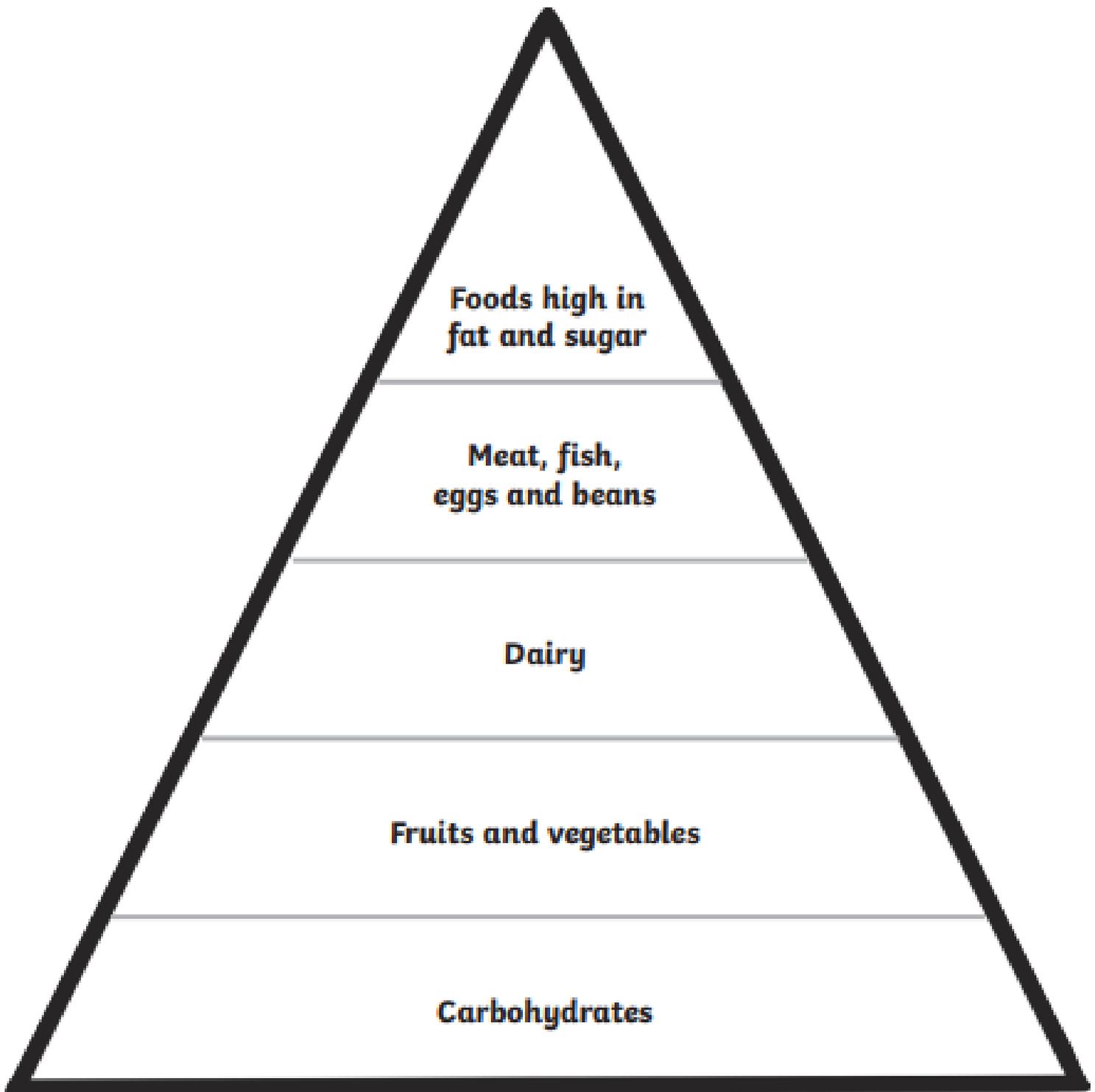


Questions:

1. After reading the information above, please create a food pyramid containing the advised food groups and the suggested portions. Remember the foods that you should eat most of are at the bottom of the pyramid. *Challenge - can you draw pictures of different food that belongs in each food group?*



Food pyramid answer:



Questions:

2. Why is a balanced diet important?

3. What is the function of protein?

4. Can you give examples of foods that we should try and avoid eating excessive amounts of? Why should we limit our intake of these foods?

5. Choose the word closest in meaning to the underlined word. With a balanced diet, your body obtains the fuel and nutrients it needs to function properly.

(a) rest

(b) work

(c) eat

(d) healthy

Reading task 2: We are learning to retrieve information from the text:

The London Marathon

What Is a 'Marathon'?

The marathon race comes from a Greek legend that tells of a soldier who was sent from the battlefield of Marathon to Athens with news that Greece had beaten the Persian army. It is said that the soldier ran the entire distance without stopping, bursting into the assembly with his good news before collapsing and dying.

What Is the London Marathon?

The London Marathon is a long-distance running race. Runners from around the world come to take part in the race, which is well known for the historic route around London and the carnival atmosphere of the thousands of spectators. The London Marathon course is 26 miles and 385 yards long and takes runners past many famous sites in London, for example, the Cutty Sark.



When Was the First London Marathon?

The first London Marathon took place on 29th March, 1981. It was the idea of John Disley and Chris Brasher, who had recently taken part in the New York Marathon. They were keen to create a London Marathon that would show off the famous sites in the city and prove that Britain was best when it came to organising major events. The first London Marathon was a huge hit! 20,000 people entered and 7,747 runners took to the start line with thousands more filling the streets of London to cheer them on.

Who Can Take Part in the London Marathon?

- Elite runners (the best, fastest runners in the world)
- Club and fun runners
- Wheelchair and Paralympic runners

Many people choose to run for a charity and raise money for a good cause. More than three quarters of the competitors now run for a charity. Sometimes, they run the course in fancy dress.

The London Marathon: Facts and Figures

- Major Tim Peake ran the London Marathon on board the International Space Station!
- The fastest man to run the London Marathon was Eliud Kipchoge from Kenya in a time of 2:03.05.
- The fastest woman was Paula Radcliffe of Great Britain in a time of 2:15.25.
- The fastest marathon runner dressed as a plant was Lee Goodwin with a time of 3:02.43.
- The slowest London marathon was run by Lloyd Scott, who wore a deep-sea diving suit and finished the marathon in five days, eight hours, twenty-nine minutes and forty-six seconds! (The organisers have since set a 24-hour time limit in which to complete the London Marathon.)



Questions

1. Where did the term marathon come from?
2. What is the London Marathon?
3. Why might people take part in the London Marathon?
4. When was the first London Marathon?
5. Which event inspired John Disley and Chris Brasher to create the London Marathon?
6. Why did they want to create the London Marathon?

Answers

1. In your own words, explain where the term 'marathon' comes from.
Answers should include reference to the Greek legend of a soldier running from Marathon to Athens with news of a great victory.
2. What is the London Marathon?
The London Marathon is a long-distance running race.
3. Why might people be keen to take part in the London Marathon?
People are keen to take part in the London Marathon because of its historic route, carnival atmosphere and famous sites.
4. When was the first London Marathon?
The first London Marathon was held on 29th March, 1981.
5. Which event inspired John Disley and Chris Brasher to create the London Marathon?
The event that had inspired John and Chris was the New York Marathon.
6. Why did they want to create a London Marathon?
They wanted to create a London Marathon in order to show off the sites of the city and to prove that Britain was the best when it came to organising major events.