

VIBE ACTIVITIES

All Stars Celebrity Health pages 32 and 33

ALL STARS CELEBRITY HEALTH

What do you eat to stay healthy?

I pretty much stick to the basics – I try to eat as many fruits and vegetables as I can, as well as lean meat. But it's the fruit and vegetables that keep me really healthy. I try to cut out all junk food, and, as long as I'm eating all the right stuff, my weight usually stays good. **Daniel Geale**



What do you eat to stay healthy?

I always start the day with a couple of eggs on toast, then chicken with steam vegetables for lunch and something healthy, but smaller portions for dinner. **Nathan Jawai**



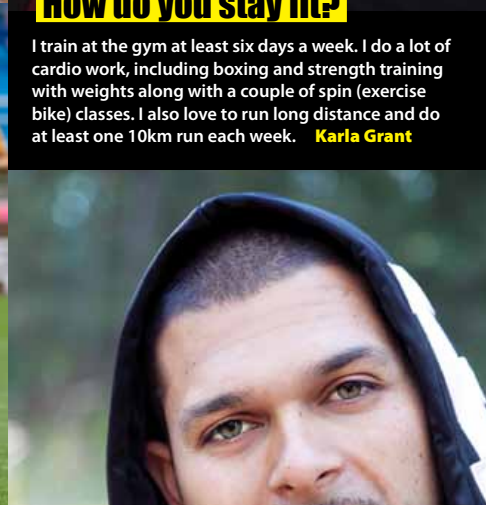
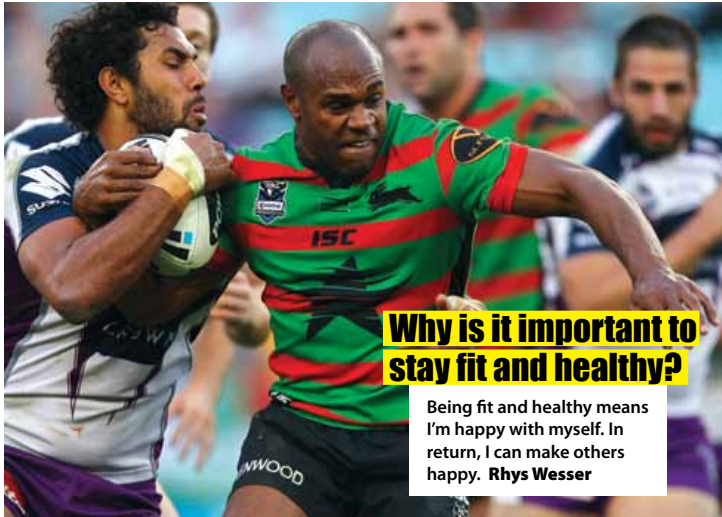
What do you do when you feel down?

When I first moved to Sydney I was often homesick and felt a bit down. To help me feel better I kept in regular contact with my family and old mates. It's always good to have that family support – I wouldn't be where I am without them. **George Rose**



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Do you love to keep fit and active?

Daniele Geale is a boxing champion who eats fresh, healthy food to keep fit.

Basketballer Nathan Jawal always eats breakfast.

Rohanee Cox eats pasta to give her energy before a game.

READ *All Stars Celebrity Health* pages 32 and 33

ACTIVITY 1

BUILDING READING SKILLS

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

1 Daniel Geale is a

- basketball player.
- boxer.
- singer.
- hockey player.



(literal)

Shade one bubble.

2 What does Nathan Jawal do to keep healthy?

(literal)



3 Why did Rhys Wesser think it's important to keep healthy?

(literal)

4 What are two reasons that you like to keep fit and healthy?

(applied)

ACTIVITY 2

LANGUAGE CONVENTIONS - SPELLING

1 The spelling mistakes in these sentences have been underlined.
Write the correct spelling for each word in the box.



Eating good food keeps him helthy.

He always watches his wait.

I try to get some reglar exercise.



2 Unscramble these words from the text.

e p e n o r r f m a c	
i a d c v e	
g t i r a i n n	

3 Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.



Traneing every day keeps me healthy and happy.

Part of being healthy is getting a good educashon.

It's good to eat fresh vegetables and fruit.

ACTIVITY 3

SENTENCE CUT AND PASTE

1 Unscramble this sentence. Glue the words and punctuation to your page in the correct order.



"	fit	myself	Being	I'm
---	-----	--------	-------	-----

with	.	means	Rhys	and
------	---	-------	------	-----

said	healthy	happy	,	"
------	---------	-------	---	---

ACTIVITY 4

NOUNS

- 1** Common nouns are naming words for people, places and things.
Circle the common nouns.

(Remember – Proper nouns are special names for people, places and things. They always start with a capital).

Rohanee was going shopping. She made a list. She needed pasta, bananas, apples, bread and orange juice. Rohanee took her shopping bag with her to the shop.

- 2** Draw a picture of each common noun.

