

VIBE ACTIVITIES

Celebrity Health – “Keep your eyes on the prize”, says Bo page 27

Bo's Burritos

Touch footy and rugby star Bo de la Cruz whips up a tasty and healthier version of these popular Mexican snacks.



HEALTHY RECIPE

INGREDIENTS

- * 500g chicken thigh fillets
- * 1 bag of spinach leaves, washed
- * 3 tomatoes, finely chopped
- * 1 Old El Paso Burrito kit – look for the 'Healthy Fiesta' one that's low-fat/salt (includes tortillas and Mexican seasoning and mild salsa)
- * 1 avocado, peeled, cubed
- * 1 small tub of light sour cream
- * 1/2 block of light & tasty cheese, grated

METHOD

1. Cut up chicken into small pieces. Put chicken and Mexican seasoning into a clean plastic bag and shake it until the chicken is covered with seasoning.
2. Cook the chicken in a frying pan or electric frying pan for 12–15 minutes or until cooked.
3. While it's cooking, put the cheese, spinach, tomatoes, avocado and mild salsa sauce in separate bowls; you can leave the sour cream in the tub.
4. Heat up the tortillas in the microwave and fold 'em up.
1. Put a teaspoon of sour cream on a tortilla and use the spoon to spread it around.
2. Add chicken in a vertical line down the tortilla; leave a bit of space at the bottom to fold the tortilla later.
3. Place cheese on top of the chicken (the cheese will melt on the hot chicken).
4. Add spinach, tomato, avocado and salsa, but not too much or they'll fall apart when you roll them.
5. Fold the bottom of the tortilla up over the filling. Fold in the left side, then the right side. Make sure it's tightly rolled so the filling doesn't fall out.
6. Eat them! If it's a training day, you can get away with eating four burritos! Yum!

"Keep your eyes on the prize," says Bo

BO DE LA CRUZ

CELEBRITY HEALTH

THIS YEAR'S DEADLY AWARD WINNER FOR FEMALE SPORTSPERSON OF THE YEAR, BO DE LA CRUZ, IS AN ATHLETE AT THE TOP OF HER GAME.

Bo began playing touch football at the age of 12. She played in the Northern Territory U-18s touch side and the Australian U-18 side. She has also represented Australia in the women's touch football team and has been a very valuable player for her country.

In 2008, she made the switch from touch football to seven-a-side rugby union. And in 2011, Bo was a member of the triumphant Australian Women's Sevens Rugby team that competed at the IRB Challenge Cup in Dubai.

Bo helps run the Palmerston Girls Academy in Darwin, which encourages Indigenous girls to stay in school. She is proud of her work as a role model and mentor there.

The former World Cup player and current Australian Women's Sevens Rugby player says she needs to stay fit to compete at a national level. To stay in such peak physical condition, Bo trains six days a week.

How do you stay fit?

"I can't stay in the Australian team if I'm not healthy and I like to feel healthy anyway. I train six days a week and I have a nutritionist at the Australian Institute of Sport looking after my diet and making sure I eat well. I don't drink or smoke. I have to keep my eyes on the prize to stay on top of my game."

How can other young people stay healthy?

"They need to make the right choices about their health. They need to stay away from drugs and alcohol and keep themselves updated and educated about nutrition," Bo says.



BO DE LA CRUZ

Bo de la Cruz won this year's *Deadly Award* for Female Sportsperson of the Year.

She's a national champion, a former Northern Territory sports person of the year, World Cup player and now Australian women's Rugby Sevens team member.

To stay right on top of her game, she makes sure she eats well so that she stays fit and healthy.



ACTIVITY 1

WHAT SPORTS DO YOU PLAY?

- 1** The vowels are missing from these sport words. Fill them in then match the sport pictures with their names.

t _ _ c h
f _ _ t b _ l l



• Patrick Mills

r _ g b y
l _ _ g _ _



• Bo de la Cruz

b _ s k _ t b _ l l



• Johnathan Thurston

Read Celebrity Health *"Keep your eyes on the prize"* – says Bo on page 27 and answer the questions that follow.

ACTIVITY 2

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 **How old was Bo de la Cruz when she started playing touch football?** (literal)

- 12
- 18
- 31
- 2012



2 **Which Under 18 touch side did she play with?** (inferred)

- South Australia
- Northern Territory
- New South Wales
- Dubai

3 Bo de la Cruz switched from touch to rugby 7s in 2009.

(inferred)

- TRUE
- FALSE



4 What is the main purpose for the Palmerston Girls Academy in Darwin? (inferred)



5 What are some reasons that it is important to stay fit and healthy? (applied)

ACTIVITY 3

LANGUAGE CONVENTIONS - SPELLING

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



She is an Australian athleet.

She is a valueable player.

She has compeated at a high level.

2 One of the labels in each row has been spelt incorrectly. Write the correct spelling of the words in the box.

tuch football	touch football	
football boots	footborl bootz	
athleet	athlete	
football grownd	football ground	
stay healthy	stay helthy	



ACTIVITY 4

JUST FOR FUN

1 Cross out the letters that appear twice and you'll find four (4) letters left. Rearrange them to form a word.

b	s	d	y
j	e	h	g
d	i	l	b
p	j	e	h
s	g	i	a