



# Activity Pack

for

Level 6

(YEAR 5)

Health and Fitness



How to use this pack:

1. This pack is intended for Year 5 and Year 6 learners and focuses on the theme HEALTH AND FITNESS.
2. We recommend that learners start with the Listening and Reading Tasks first to prepare them for the Speaking and Writing Tasks. Suggestion: Do a speaking task and a writing task closer to the end of the week and encourage learners to use the vocabulary they learned in the reading and listening tasks. Also, encourage learners to use the writing frames included in the pack. You might wish to follow the guidelines below:

	Skill	Task	Pages
Monday	Listening	A Healthy Lifestyle	3-6
Tuesday	Reading	Children Need More Sleep	7-9
Wednesday	Speaking	Discussion Presentation	10-11
Thursday	Writing	Poster Informal email	12-16
Friday	Literature	Prose: Fantastic Mr Fox	17-22

3. The Literature Task can be done on any day throughout the week. It is not only meant to promote reading but it also helps expand language awareness and structure and encourages different levels of interpretation and connection with oneself, the world and other texts. The aim is to enjoy reading literary texts.
4. The Follow Up Activities section includes activities that can be used as reinforcement activities to solidify the learners' understanding of new topics. These activities may serve as extensions or may simply provide an opportunity for extra drilling and practice.
5. The Idioms section exposes learners to several idioms, which they can use in their writing and speaking tasks.
6. The Read and Watch section not only supplements the topic but also exposes learners to the theme in an entertaining way. After reading the book or watching the film, learners fill in a book and/or film review about one of the suggested books and/or films.

## LISTENING TASK

### A Healthy Lifestyle

You are about to listen to a conversation between a husband and wife.

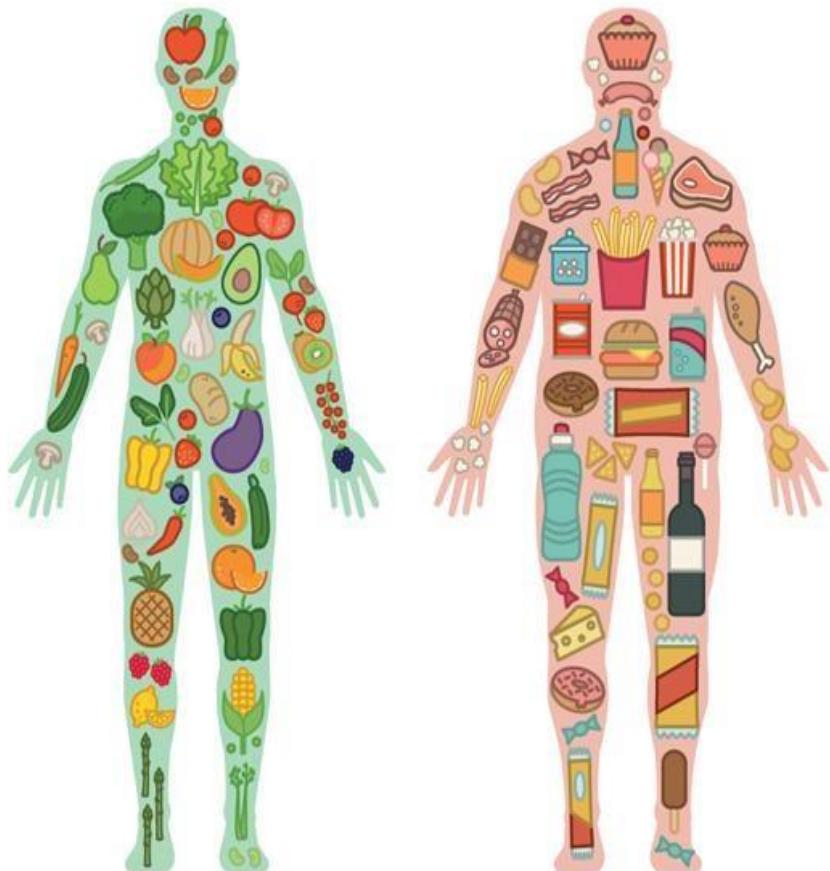
#### Pre-Listening/Warmer

Ask: Look closely at these pictures.

- ✓ What can you see in each picture?
- ✓ What do they have in common?
- ✓ How are they different?
- ✓ What message do these pictures carry?
- ✓ Which one of the pictures represents you?

Think of FIVE important steps to maintain a healthy lifestyle.

Write them down and look up information on the Internet to support these ideas.



#### Listening

#### Procedure

- a. Learners read the questions.
- b. Read the text below. Learners listen to the text for the first time. Learners may start writing if they wish to.
- c. Learners attempt to answer the questions.
- d. Read the text again. The text is heard for the second time.
- e. Learners try to complete all of the tasks.
- f. Learners revise answers.

Man: Honey, the basketball game is about to start. And could you bring some chips and a bowl of ice cream? And . . . uh . . . a slice of pizza from the fridge.

Woman: Anything else?

Man: Nope, that's all for now. Hey, hon, you know, they're organising a company basketball team, and I'm thinking about joining. What do you think?

Woman: Humph

Man: "Humph" What do you mean "Humph." I was the star player in high school.

Woman: Yeah, twenty-five years ago. Look, I just don't want you having a heart attack running up and down the court.

Man: So, what are you suggesting? Should I just abandon the idea? I'm not that out of shape.

Woman: Well . . . you ought to at least have a physical before you begin. I mean, it HAS been at least five years since you played at all.

Man: Well, okay, but . . .

Woman: And you need to watch your diet and cut back on the fatty foods, like ice cream. And you should try eating more fresh fruits and vegetables.

Man: Yeah, you're probably right.

Woman: And you should take up a little weight training to strengthen your muscles or perhaps try cycling to build up your cardiovascular system. Oh, and you need to go to bed early instead of watching TV half the night.

Man: Hey, you're starting to sound like my personal fitness instructor!

Woman: No, I just love you, and I want you to be around for a long, long time.

1. The man is about to:

- a. have dinner.
- b. play a basketball game.
- c. watch a basketball game.

2. The man asks for:

- a. chips, ice cream and pizza.
- b. chips, salad and ice cream.
- c. chips, vegetables and fruits.

3. The man has never played basketball before.

True/False

4. “I’m not that out of shape” means

- a. the man’s physical condition is poor.
- b. the man’s physical condition is average.
- c. the man’s physical condition is good.

5. What does the man do half the night?

- a. Play basketball.
- b. Watch TV.
- c. Eat ice cream.

6. How does the woman feel about the man playing basketball?

- a. keen
- b. angry
- c. worried

7. Tick (✓) the SIX suggestions which the woman gives to the man.

Take a medical exam.		Go running.	
Watch basketball games.		Take up weight training.	
Eat less fatty foods.		Go to bed early.	
Eat more fruits and vegetables.		Do cycling.	

8. The man tells the woman that she sounds like a personal trainer. Why?

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9. Write down TWO things mentioned in the text which indicate that the man lived an unhealthy life.

- a. \_\_\_\_\_
- b. \_\_\_\_\_

10. Do you think that the woman cared for the man? Yes/No

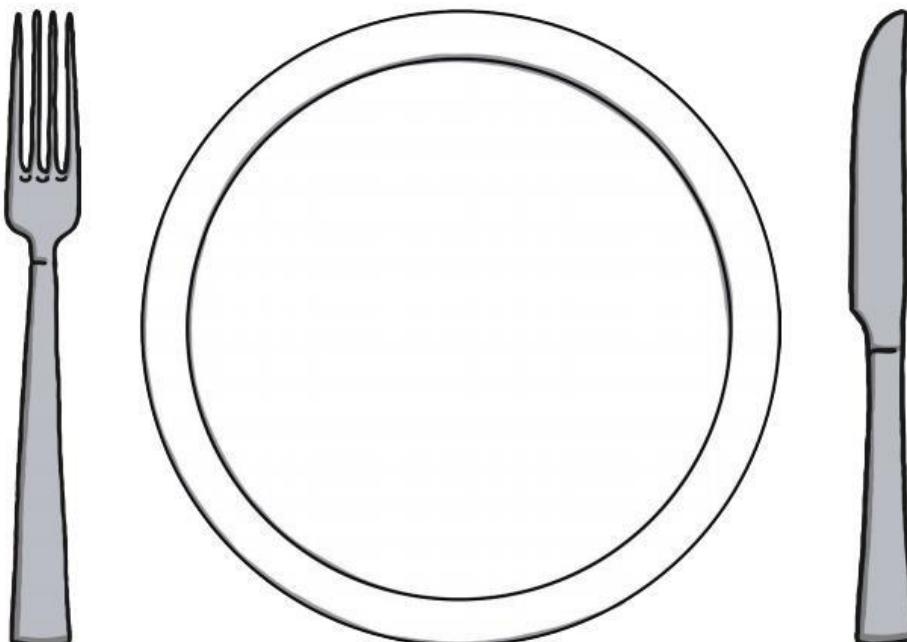
Give ONE reason why.

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Post-listening:

Find information on basic daily menus for a healthy lifestyle. Watch this very useful link. [How to Create a Healthy Plate - YouTube](#)

Create your own version of a healthy plate in the below diagram.



## READING TASK

In order to be healthy we need not only to follow a healthy balanced diet and be active. We also need to SLEEP.

# Daily News

Health UK News

18<sup>th</sup> June 2019

## Children Need More Sleep, Says Health Survey

### Why do we need a good night's sleep?

- The amount of sleep you get can help you to lead a healthier lifestyle.
- The amount of sleep you need depends on your age.

Nothing beats a good night's sleep! According to a survey, though, a third of primary school children are not getting the recommended amount of sleep.

The British Nutrition Foundation asked 6000 schoolchildren and 1500 adults about how much sleep they had. It wasn't just children who weren't getting enough sleep; 43% of adults said they didn't get enough either.

The amount of sleep a person needs depends on their age: the younger they are, the more sleep they will need. For example, a five-year-old child should sleep for 11 hours; whereas, the recommended time for an 11-year-old is 9 hours 30 minutes.

These times are important as the experts claim the benefits are overwhelming. Firstly, they say sleep can improve people's concentration and attention — essential for learning at school!

Furthermore, sleep can improve your self-esteem and help us to act positively. Health professionals also claim that there is a link between sleep and healthy eating. They say that people are more likely to eat healthier food options if they sleep well.

If you have a restless night, it may leave you feeling bad tempered and generally quite low. When you wake up feeling refreshed, you're more likely to respond positively to other people, helping everyone to get on with each other.

Sometimes, however, achieving a good's night sleep can be difficult. Health experts have

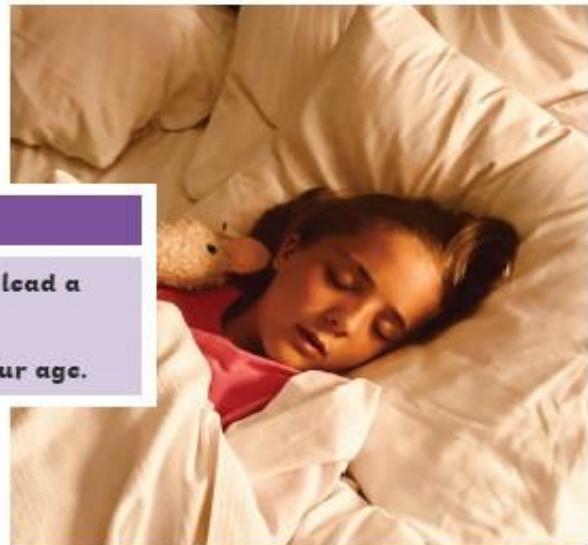


Photo: A good night's sleep has many benefits.

some recommendations that you can follow. Some scientists claim that you should limit the amount of screen time you have during the day. Turning off any mobile devices before bedtime is a good idea as these can often be distracting.

They also claim that regular exercise is beneficial for the amount of sleep we need.

Other people say that mindfulness activities may help if there's something on your mind. Some people use mindfulness colouring to help them to relax.

A more traditional idea is reading a well-loved book in bed to unwind before falling asleep.

### Glossary

**nutritionist** A person who studies healthy eating.

**self-esteem** Confidence in your own abilities.

**screen time** The time spent on a device, such as a computer, television or games console.

**beneficial** Resulting in a good or favourable effect happening.

1. Circle True (T) or False (F)

- a. This is a news report about health. T F
- b. This news report was published on the 18<sup>th</sup> of June, 2019. T F
- c. Around two thirds of school children get enough sleep. T F
- d. The majority of adults are getting the recommended amount of sleep. T F
- e. A two year old needs to sleep more than a ten year old. T F
- f. Sleep improves your concentration, self-esteem and mood. T F
- g. Before you go to sleep you should try to relax. T F
- h. Watching a video on YouTube can help you relax. T F

2. Match the meaning of the words.

a.	survey		fidgety
b.	essential		relax
c.	restless		study
d.	refreshed		common
e.	recommendations		advice
f.	traditional		rested
g.	unwind		necessary

3. Copy ONE sentence which shows that the author of this article loves sleeping.

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4. Write down the FOUR sleep benefits mentioned in the article.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

5. According to health experts there are several ways which help you achieve a good night sleep. Write down TWO of them.

- a. \_\_\_\_\_
- b. \_\_\_\_\_

6. "... mindfulness activities may help ..."

Mindfulness is taking notice of how your body feels and what you see, smell and taste. Mindfulness is also noticing what your mind is doing and what feelings you have. Practise mindfulness by following the instructions on these four cards.

Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.



At the same time of every day, think of one thing to be thankful for.



7. a. When do you usually go to sleep and when do you wake up?

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b. What helps you achieve a good night sleep?

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8. Your friend Tom often falls asleep during lessons. He gets told off by the teacher and is often snappy around you. After reading this article, what piece of advice can you give him?

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## SPEAKING TASKS

### Speaking Task 1 – Discussion

Read the questions thoroughly, research the topic on the card and think critically. Then you can make up your own mind about the topic and use your opinions to carry on a discussion.

BEING HEALTHY MEANS BEING PHYSICALLY AND EMOTIONALLY WELL.

- ✓ How can you, a primary school pupil, keep yourself physically healthy?
- ✓ How can you keep yourself emotionally healthy?
- ✓ Who are the people in your life who can help you be healthy?
- ✓ What are the things you should stay away from?

Remember that a good discussion needs to meet the following success criteria.



Make sure you can tick all the following:

I stuck to the time-limit (5 minutes).

I understood the topic well and discussed it in full.

I organised my ideas and provided examples to support my views.

I was completely prepared for the discussions.

I maintained eye contact with my listeners/the camera.

I spoke clearly and pronounced words correctly.

## Speaking Task 2 - Presentation

Create a PowerPoint Presentation about Health and Fitness to show to your classmates. Research the following topics and include them in your slides.

1. Exercise - Talk about the benefits of exercise, how many times you should exercise a week and suggest ways how to stay active and some exercise routines.
2. Healthy Eating – Explain the different food groups and how much you should eat of each group per day. (The Activity Pack covering the theme Food can help you.)
3. A Healthy Sleep Schedule – Include the benefits of sleeping, how many hours a day you should sleep and how you should get a restful sleep. (The Reading Task can help you.)
4. Having a Happy Attitude – Describe why a happy, positive approach to life is necessary, ways how to achieve this and what to keep away from to stay happy.

Useful links: [Kids! Small Steps to a Healthy You - YouTube](#)

[BBC Learning - What Do Humans Need To](#)

[Stay Healthy - YouTube](#)

[Healthy Habits For Kids | How To Stay Fit and Healthy](#)

[By Annie & Ben - YouTube](#)

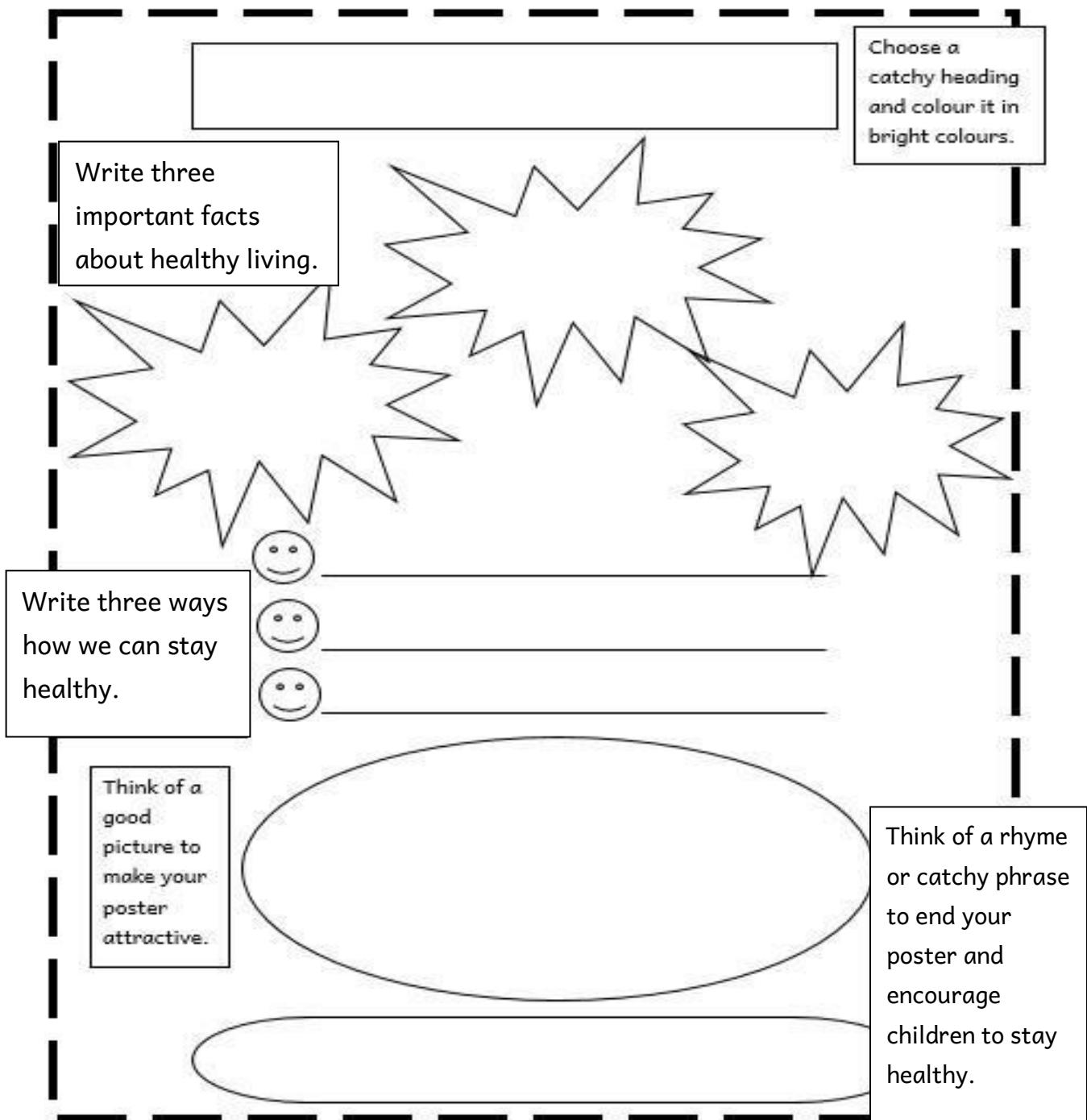


## WRITING TASKS

For templates and guidelines, please refer to the Writing Resource Pack via this link:  
[English Level 5 Writing Genre Resource Pack 2020 v2.pdf \(gov.mt\)](https://www.gov.mt/resource-centre/curriculum-and-standards/curriculum-for-primary-education/primary-curriculum/level-5/subject-area-1/level-5-writing-resource-pack-2020-v2.pdf)

### Short Writing Task - Poster

You want to encourage learners at school to live a healthier life. Create a poster to pass on this message. You can use the writing frame or come up with one yourself.



Writing model of a poster promoting healthy living.



## Long Writing Task – Informal email

You are Terry. Your friend Tom writes you an email to complain about his health status and ask for advice. Read his email below and give him advice on how to stay healthy and fit.

Fri 15/11/2020 09:45

Recipients: terrygrech@newmail.co.mt

Subject: Feeling Unwell. Help!

Dear Terry,

I hope you are doing well. I enjoyed reading your last email. Knowing you are all doing well is a pleasure. Unfortunately, I cannot say the same for me.

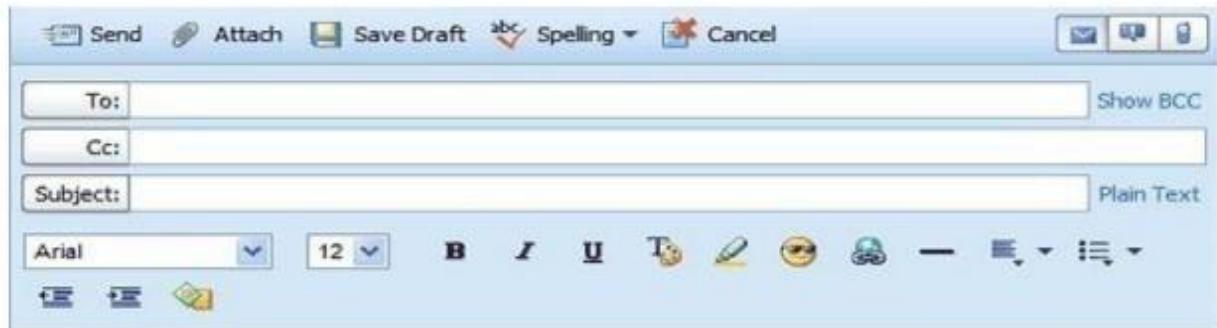
Lately, I have not been feeling well. Whenever I run, I am out of breath. My chest aches and my heart starts beating furiously. I am always feeling tired and irritable. I end up snapping at my friends and parents. I cannot focus properly at school or whilst doing homework. My marks are suffering. I had a painful toothache last Saturday. Oh, boy it hurt! Mum took me to the dentist who was not pleased with the state of my teeth. I had my very first filling.

I am feeling under the weather and do not know how to solve it. Can you give me some tips? I look forward to hear from you.

Yours,

Tom

This writing frame can help you.

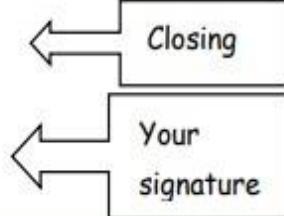


Dear \_\_\_\_\_,



**Introduction**  
- greet  
- refer to last email  
- state why you are writing

Best wishes,



**Closing**  
- sum up  
- give your regards  
- reason to write back.

When you are ready go through the success criteria for writing an informal email and make sure you can tick them all.

### Writing an email



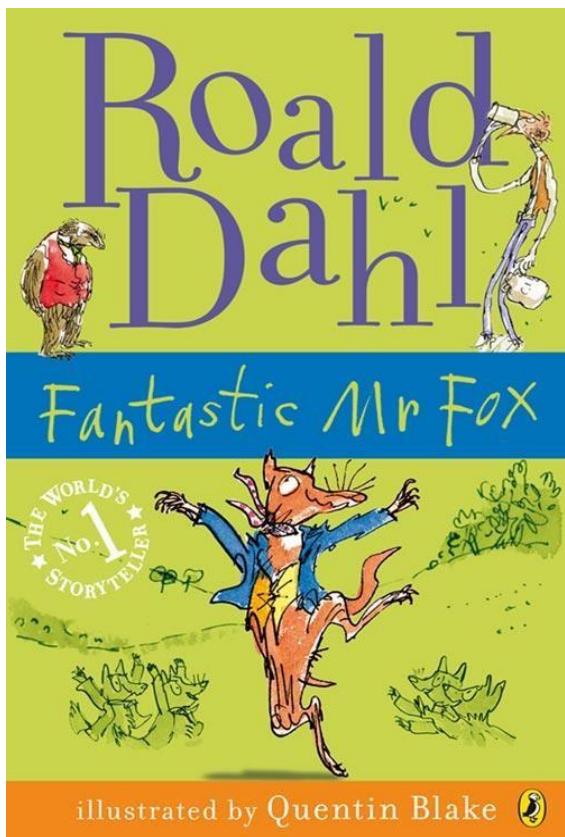
- I wrote the email address and email subject in the right spaces.
- My email has a salutation “Dear” followed by a comma and the receiver’s name.
- My email has a closing “Best regards”, “Best wishes” or “Love” followed by a comma.
- I signed off my email.
- I included a beginning, a middle and an ending.
- My introduction has 2/3 sentences and consists of a greeting, a reference to the last email and the reason why I am writing the email.
- My conclusion has 2/3 sentences and sums up my letter, sends my regards and asks the receiver to write back.
- I used the first person ‘I’.
- I used a friendly, chatty style of writing.
- I asked questions throughout the email.
- My sentences begin with capital letters.
- My sentences end with the correct punctuation marks.
- I checked for spelling errors.
- My email is neat and legible.



## LITERATURE TASK

### Pre-Reading/Warmer Task:

This is the cover of *Fantastic Mr Fox*, a book by children's laureate Roald Dahl. Mr Fox is a cunning fox who steals produce from three, mean farmers in order to provide for his family.



Watch this film clip taken from the film *Fantastic Mr Fox* which is an adaptation of the book.

[Boggis Bunce and Bean Fantastic Mr Fox - YouTube](#)

Answer these questions:

- ✓ Why does Mr Badger try to discourage Mr Fox from buying the tree?
- ✓ What are the three words the Badger used to describe the farmers?
- ✓ How can you tell that Walt Boggis is fat?
- ✓ Why is Nate Bunce sitting on a stack of books?
- ✓ What has Frank Bean invented?
- ✓ Do the children like these farmers? Why?

Use a dictionary to find out the meaning of these new words from the text.

a.	smothered	a small savoury ball of dough which may be boiled, fried, or baked
b.	dumplings	loads
c.	pot-bellied	alcoholic drink made from fermented apple juice.
d.	gallons	overwhelmed
e.	cider	criminals
f.	crooks	plump and heavyset

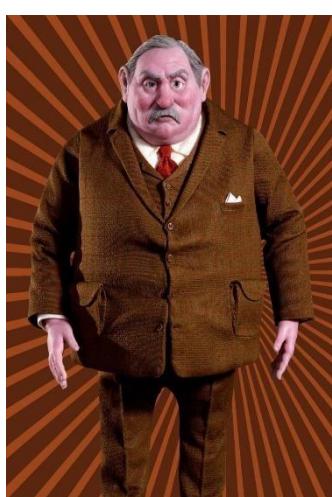
Main Task: Read the extract. Then answer questions about it.

Down in the valley there were three farms. The owners of these farms had done well. They were rich men. They were also nasty men. All three of them were about as nasty and mean as any men you could meet. Their names were Farmer Boggis, Farmer Bunce and Farmer Bean.

Boggis was a chicken farmer. He kept thousands of chickens. He was enormously fat. This was because he ate three boiled chickens smothered with dumplings every day for breakfast, lunch and supper. Bunce was a duck-and-goose farmer. He kept thousands of ducks and geese. He was a kind of pot-bellied dwarf. He was so short his chin would have been underwater in the shallow end of any swimming pool in the world. His food was doughnuts and goose-livers. He mashed the livers into a disgusting paste and then stuffed the paste into the doughnuts. This diet gave him a tummy-ache and a beastly temper. Bean was a turkey-and-apple farmer. He kept thousands of turkeys in an orchard full of apple trees. He never ate any food at all. Instead, he drank gallons of strong cider, which he made from the apples in his orchard. He was as thin as a pencil and the cleverest of them all.

Boggis and Bunce and Bean One  
fat, one short, one lean.  
These horrible crooks  
So different in looks  
Were none the less equally mean.

That is what the children round about used to sing when they saw them.



Farmer Boggis



Farmer Bunce



Farmer Bean

1. Which farmer kept:
- a. chickens? \_\_\_\_\_
  - b. ducks and geese? \_\_\_\_\_
  - c. turkeys and apples? \_\_\_\_\_
2. Describe Farmer Boggis' diet.
- \_\_\_\_\_
- \_\_\_\_\_
3. Describe Farmer Bunce's diet.
- \_\_\_\_\_
- \_\_\_\_\_
4. Describe Farmer Bean's diet.
- \_\_\_\_\_
- \_\_\_\_\_
5. Write down the word Dahl uses to indicate that Farmer Bunce was very short.
- \_\_\_\_\_
6. "As cunning as a fox" is a comparison. It indicates that the person is very witty.  
a. Find a comparison in the text. Write it. \_\_\_\_\_  
b. What does it mean? \_\_\_\_\_
7. The children's song says that these farmers had one thing in common. What was it?
- \_\_\_\_\_
8. Farmer Bunce's diet gave him a tummy-ache and a beastly temper. What was wrong with the three farmers' diets?
- \_\_\_\_\_
- \_\_\_\_\_

## Post-Reading

Roald Dahl manages to bring his characters to life with his vivid descriptions. Imagine that another farmer lived in the valley. Fill in the character profile. Make him sound as horrible and as nasty as Dahl's three fictitious farmers.

These word mats can help you.

### Physical Appearance Adjectives

**Face**

blood-stained	frightened
contorted	honest
dimpled	menacing
downcast	pale
expressionless	pretty
familiar	ruddy
fierce	sallow
flushed	smiling
freckled	square
fresh	swollen
friendly	weather-beaten

**Chest**

battle-scarred	feeble	puny
bony	hairy	tattooed
broad	heaving	well-defined

**Stomach**

bulging	protruding
distended	flat
firm	lean
flabby	

**Arms**

awkward	lifeless	powerful
bulging	long	restless
frail	motionless	rigid
gangly	muscular	strong
hairy	outstretched	weary

**Fingers**

bony	
long	
short	
stubby	
withered	

**Fingernails**

bitten	
broken	
claw-like	
dirty	
painted	

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### Physical Appearance Adjectives

**Overall Appearance**

athletic	hideous	skeletal
beautiful	lanky	slender
blotchy	lifeless	slight
brawny	lithe	statuesque
bronzed	muscular	stocky
burly	overweight	strapping
frail	pallid	trim
fragile	pasty	voluptuous
gangly	plump	weak
gaunt	puny	willowy
gawky	rangy	wiry
haggard	scarred	wrinkled
herculean	scrawny	

**Legs**

bandy	shivering
bowed	short
graceful	slender
hairy	spindly
long	thread-like
muscular	

**Feet**

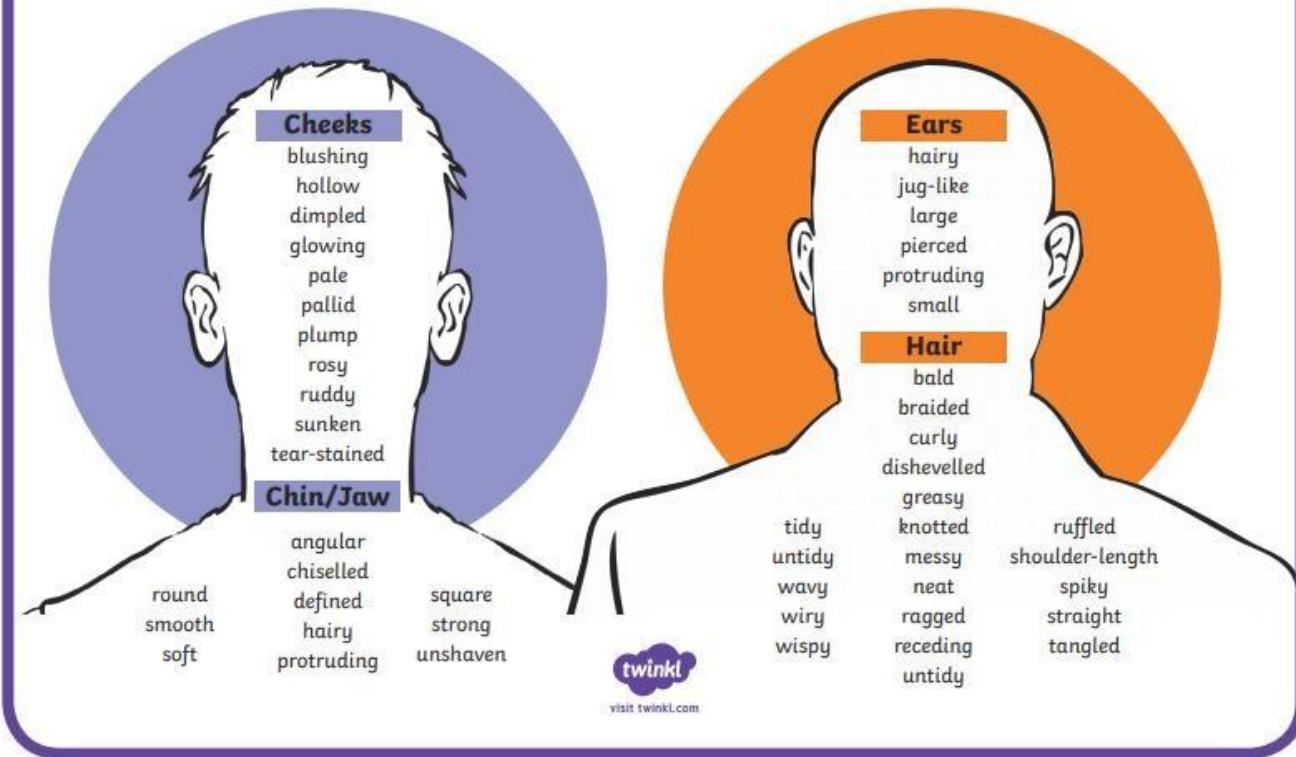
bare	grubby	stinky
big	sandaled	stubby
cold	slippered	swollen
dainty	small	unsightly
flat	sore	weary

**Build/Figure**

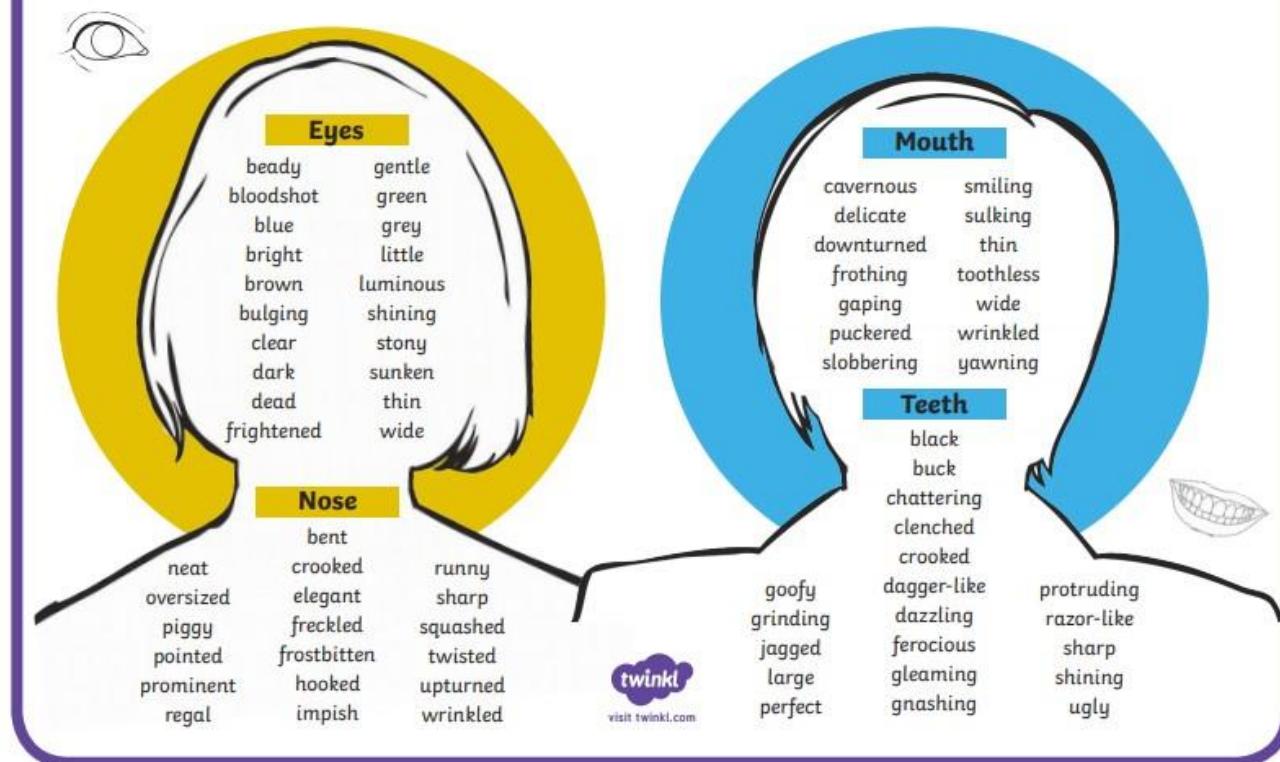
athletic	gangly	lithe	skinny
burly	gaunt	muscular	stocky
chubby	heavyset	petite	strapping
compact	lanky	scrappy	thin

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## Physical Appearance Adjectives



## Physical Appearance Adjectives



# Character Description

Name:

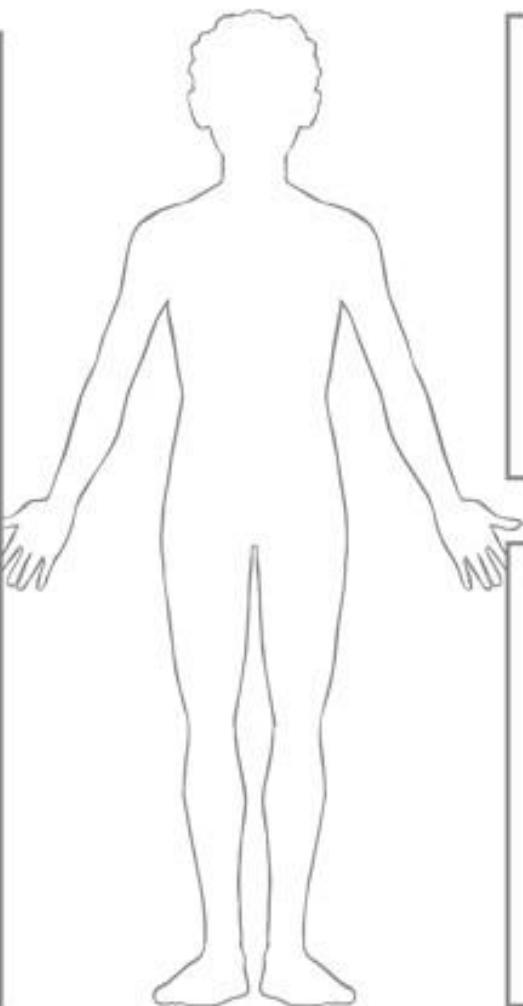
How does the character behave to show his personality?

What does he look like?

Character Traits:

How does he walk and how does he talk?

Write a list of comparisons you can use to better describe him.



FOLLOW UP ACTIVITIES

# EXERCISE

How many different types of exercise can you think of?

How does exercise affect our bodies?



Use this template to log your daily exercise routines.

## Fitness Diary

Date:	Type of exercise:	Duration:
Use the faces to rate how you feel.   	Write a comment about your fitness: _____ _____ _____ _____ _____	

At the end of the week, ask yourself if you are exercising enough and try to find ways how you can improve your exercise regime.

## IDIOMS

IDIOM	MEANING	EXAMPLE SENTENCE
as fit as a fiddle	to be healthy and physically fit	To be as fit as a fiddle you need to eat healthy, exercise daily and stay away from bad habits.
sick and tired of	extremely annoyed with something	I am sick and tired of her attitude. She thinks she is Miss Know-It-All.
in the pink of health	very good health	Although they are past their retirement age, they are in the pink of health.
as right as rain	to be in excellent health	I am not surprised he placed first in the race. He is as right as rain.
under the weather	unwell or in low spirits	I have been feeling under the weather lately. I really must take it slower and rest more.
frog in one's throat	difficulty in speaking because of a cough or a sore throat	I have a frog in my throat. I will buy some lozenges from the pharmacy.
in bad shape	not in a good physical condition	Frank smokes two packs of cigarettes a day. No wonder he is in such bad shape.
get back on your feet	when you recover from an illness	After catching the flu, it took me a whole month to get back on my feet.
full of beans	to have a lot of energy; to be active and healthy	You are full of beans. What is your secret? I need to start feeling energised again.

Task 1: Choose THREE idioms from the table and put them in a sentence.

E.g. If you take your vitamins daily and eat well you will feel as right as rain.

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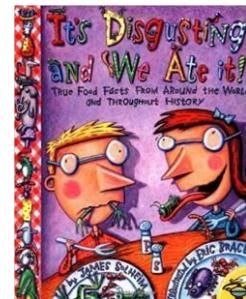
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## Task 2: Idioms Charades

Write each idiom on a piece of paper. Pick one but keep it a secret from the other players. Act it out. The other players must guess the idiom from your actions. Finally invert the roles and try to guess the idioms yourself.

### READ AND WATCH

Try to get a copy of the book It's Disgusting and We Ate it, which is about some of the crazy things people from around the world eat.



Watch Kung Fu Panda, which is about a clumsy panda and kung fu fanatic. He endures harsh training sessions to learn kung fu.



Fill in a Book Review and/or Film Review about one of the suggested books/films.

Book Review		
My Book Cover: 	Book Title: _____	Author: _____
Genre: fiction                  horror biography              non-fiction humour                mystery science-fiction        crime ... Other _____	Illustrator: _____	
Plot: _____ _____ _____ _____	Setting: _____ _____ _____ _____	Characters: _____ _____ _____ _____
Connecting: Compare the book to another book, movie or event that you were reminded of. Explain why. _____ _____ _____ _____		
What was your favourite part? _____ _____ _____ _____	Would you recommend the book? To whom and why? _____ _____ _____ _____	Rating: ☆☆☆☆☆

# Film Review



Title: <hr/> <hr/>	Circle the Genre:  drama      animation action      romance comedy      fantasy  Other: _____	Rate it:  ★ ★ ★ ★ ★
Characters: <hr/> <hr/> <hr/> <hr/>	Setting: <hr/> <hr/> <hr/> <hr/>	Favourite part: <hr/> <hr/> <hr/>
Summary of the story: <hr/> <hr/> <hr/> <hr/>		
Do you recommend the film? Yes / No Why? _____ <hr/> <hr/>		

## MATERIAL TAKEN/ADAPTED FROM

<https://www.twinkl.com.mt/>

[A Healthy Lifestyle | Randall's ESL Cyber Listening Lab \(esl-lab.com\)](#)

<https://breakingnewsenglish.com/1409/140908-school-uniform-m.html> [Teaching Ideas | Free lesson ideas, plans, activities and resources for use in the primary classroom](#)

40 Listening Activities for Lower-Level Class by Scholastic

Fantastic Mr. Fox! by Roald Dahl

## ANSWERS

### Listening Task

1. c      2. a      3. False      4. b      5. b      6. c

7.	Take a medical exam.	✓	Go running.	
	Watch basketball games.		Take up weight training.	✓
	Eat less fatty food.	✓	Go to bed early.	✓
	Eat more fruits and vegetables.	✓	Do cycling.	✓

8. The woman gave him plenty of advice on how to get fitter and healthier.
9. He ate unhealthy, fatty food./He hadn't played basketball for five years./ He did not eat enough fruits and vegetables./His muscles were not strong enough./He did not go to bed early....
10. Yes. She told him that she loved him./She got worried when he told her he was going to start playing basketball again./She gave him advice on how to get healthier.

### Reading Task

1. a. T b. T c. T      d. F    e. T    f. T    g. T    h. F

2.

a.	survey	c	fidgety
b.	essential	g	relax
c.	restless	a	study
d.	refreshed	f	common
e.	recommendations	e	advice
f.	traditional	d	rested
g.	unwind	b	necessary

3. Nothing beats a good night sleep.
4. a. Sleep can improve people's concentration and attention.
  - a. Sleep can improve your self-esteem.
  - b. Sleep can help you act positively.
  - c. People are more likely to eat healthier food.
5. Limit the amount of screen time you have during the day./Turn off any mobile device before bedtime./Do regular exercise./Practise mindfulness activities like colouring./Read a well-loved book in bed to unwind.

#### Literature Task

a.	smothered	b	a small savoury ball of dough which may be boiled, fried, or baked
b.	dumplings	d	loads
c.	pot-bellied	e	alcoholic drink made from fermented apple juice.
d.	gallons	a	overwhelmed
e.	cider	f	criminals
f.	crooks	c	plump and heavyset

1. a. Farmer Boggis      b. Farmer Bunce      c. Farmer Beans
2. Farmer Boggis ate three boiled chickens smothered with dumplings every day for breakfast, lunch and supper.
3. Farmer Bunce ate doughnuts and goose-livers. He mashed the livers into a disgusting paste and then stuffed the paste into the doughnuts.
4. Farmer Bean never ate any food at all. Instead, he drank gallons of strong cider, which he made from the apples in his orchard.
5. Dwarf
6. a. thin as a pencil      b. He was very lean/thin/slim.
7. They were all mean.
8. Boggis and Bunce ate unhealthy, fatty food and did not eat vegetables and fruit. Beans drank a lot of alcohol, which is very bad for your liver.

## READING FOR PLEASURE

Don't forget to read for at least 20 minutes a day.

Some free eBooks are available on the following sites:

<https://www.oxfordowl.co.uk/>

[http://www.storiesfromtheweb.org/earlyyears/sfw07\\_stories.asp](http://www.storiesfromtheweb.org/earlyyears/sfw07_stories.asp)

<http://www.littlegiraffes.com/storyprops1.html>

<http://www.storyplace.org/preschool/other.asp>

<http://www.priorywoods.middlesbrough.sch.uk/kidsonly/story/story.htm>

<http://www.schoolexpress.com/storytime.php>

<http://www.storylineonline.net>

<https://www.worldbookday.com/>

If you want someone to read to you, you can go online and choose a story from:

<https://www.storylineonline.net/>

Teachers and Parents, for more resources, you can visit:

<http://taleinmalta.wixsite.com/elrc/resources>

the official curriculum website:

<https://curriculum.gov.mt/en/Pages/Home.aspx>

the Digital Resources tab:

[https://curriculum.gov.mt/en/digital\\_resources/Pages/Primary-EnglishResources.aspx](https://curriculum.gov.mt/en/digital_resources/Pages/Primary-EnglishResources.aspx)

the central front-facing resource lesson and activity information hub

for all curricular matters:

<https://teleskola.mt>

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