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Slow and strong food

Pre-reading question

Is spinach healthy food or unhealthy food?

New words

strong: I am strong and can carry my baby brother.

energy: I am full of energy when we play ball games.

fast: I run fast when I run a race.

healthy: The doctor says I am healthy.

Some food makes you strong.
Strong, so strong.



I am strong,
so, so strong.
I am strong
and long.

He is strong, so, so
strong. He is strong
and long.



I am also so, so strong. So, so strong and long.

She is also so, so strong, So, so strong and long.

Some food makes you slow.
Slow, oh so slow.

He is slow, oh so slow. He is sloppy and slow.



I am slow, oh so slow. I am sloppy and slow.



He is slow and he is soft. Slow and soft, slow and soft.

I am slow and I am soft. Slow and soft, slow and soft.

Some food gives you energy. Energy, lots of energy.



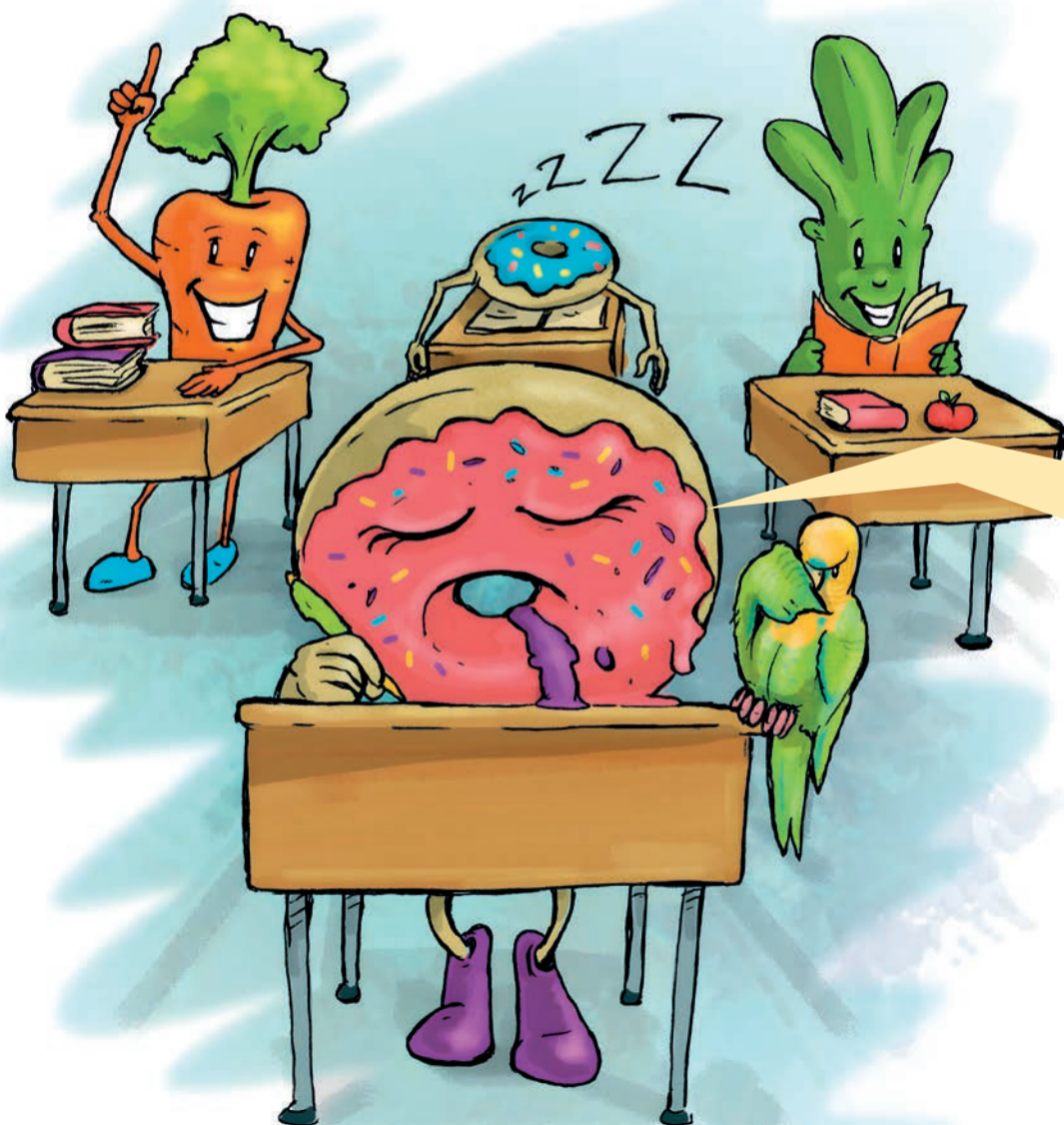
I am strong, so, so strong. I am strong, but I am not long.

We are strong, so, so strong. We are strong, but we are not long.



Mr Spinach is fast, so, so fast. He is so fast he never comes last.

Some food makes you sleepy. Sleepy, oh, so sleepy. He is sleepy, oh, so sleepy. He is sleepy and slow and soft.



I am sleepy, oh, so sleepy. I am sleepy and slow and soft.

Does your food
make you oh,
so slow and
sleepy and soft?
Or so, so strong
and long
and fast?



What food do you eat?
Slow food or strong food?

Post-reading questions

1. What type of food must you eat if you want to win a running race?
2. What food makes you sleepy?
3. Who makes sure you eat healthy food?

Oops, my hat!

Pre-reading question

Do you like hot or cool weather?

New words

windy: Leaves blew off trees when it was windy.

rainy: I wear rainboots on rainy days.

sunny: I wear a sunhat on sunny days.

snow: The cold snow fell from the sky.

misty: I can't see very far when it is misty.

It is windy. Windy,
windy, windy. Ooh!
My hat blows away!

The wind goes
whoosh, whoosh,
whoosh.



It is wet and rainy. Rainy, rainy, rainy.
Ooh!



The rain goes splish, splash, splosh.
My umbrella is inside out.