

# Contents

## Story 1:

The Superfood friends ..... 2

---



## Story 2:

Insect safari ..... 12

---



## Story 3:

Bumble stopped the race! ... 22

---



# The Superfood friends

## Pre-reading question

Which fruit and vegetables do you like?

New words

**Salad** – We make salads using fresh, raw, vegetables like lettuce, tomatoes and carrots.

**Stew** – We make stew by cooking vegetables and meat together in a pot with spices.

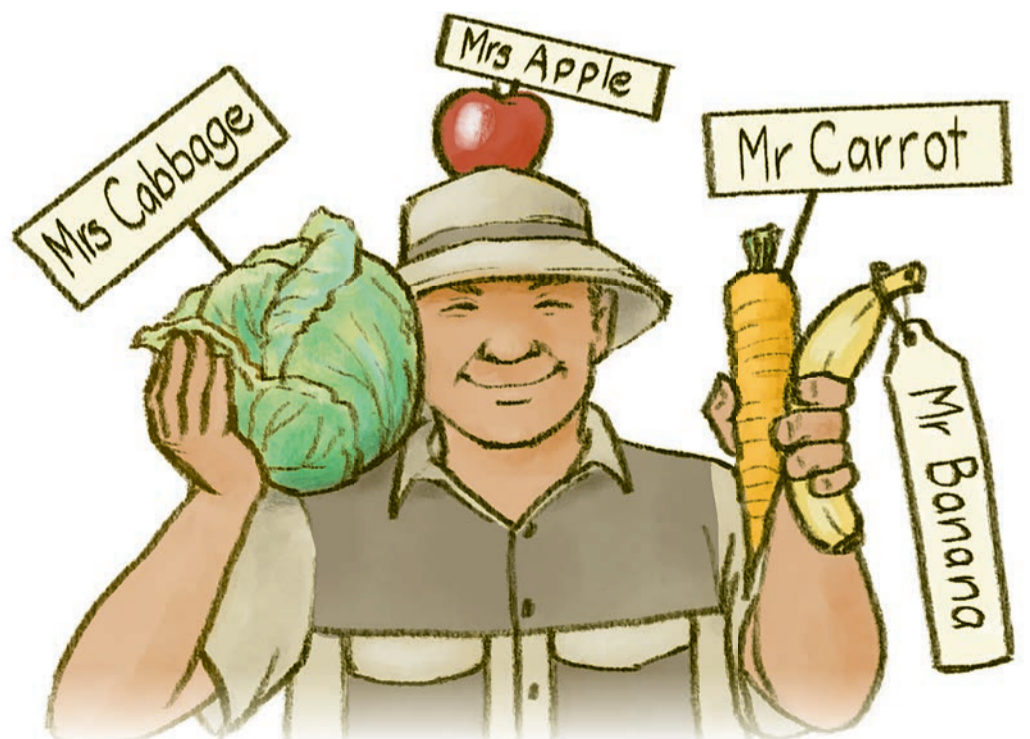
**Ripe** – When a fruit or vegetable is ripe, it is ready to eat.

**Orchard** – An orchard is a place where lots of fruit trees grow together, like an apple tree orchard.

**Tasty** – Fresh, ripe apples are tasty, while old brown bananas are not tasty.

**Junk food** – Junk food is food that is unhealthy, such as sweets, snacks and fizzy drinks.

Farmer Superfood lived on a very big farm near a river. His name was Superfood because he grew lots of vegetables and fruit.



He had no human friends, but he was happy.

His Superfood friends were Mrs Cabbage, Mr Carrot, Mr Banana and Mrs Apple.

**ea**

near  
real

The children in the town knew about Farmer Superfood from their parents.

Some called him Uncle.

They all wanted to meet him and his Superfood friends.

The news got to Farmer Superfood, and he was very excited.

“Hah! Hah!  
The children

want to  
meet my  
Superfood  
friends.”

**ew**

knew  
news

**wh**

wheelchair



The children decided to give him a very big surprise.

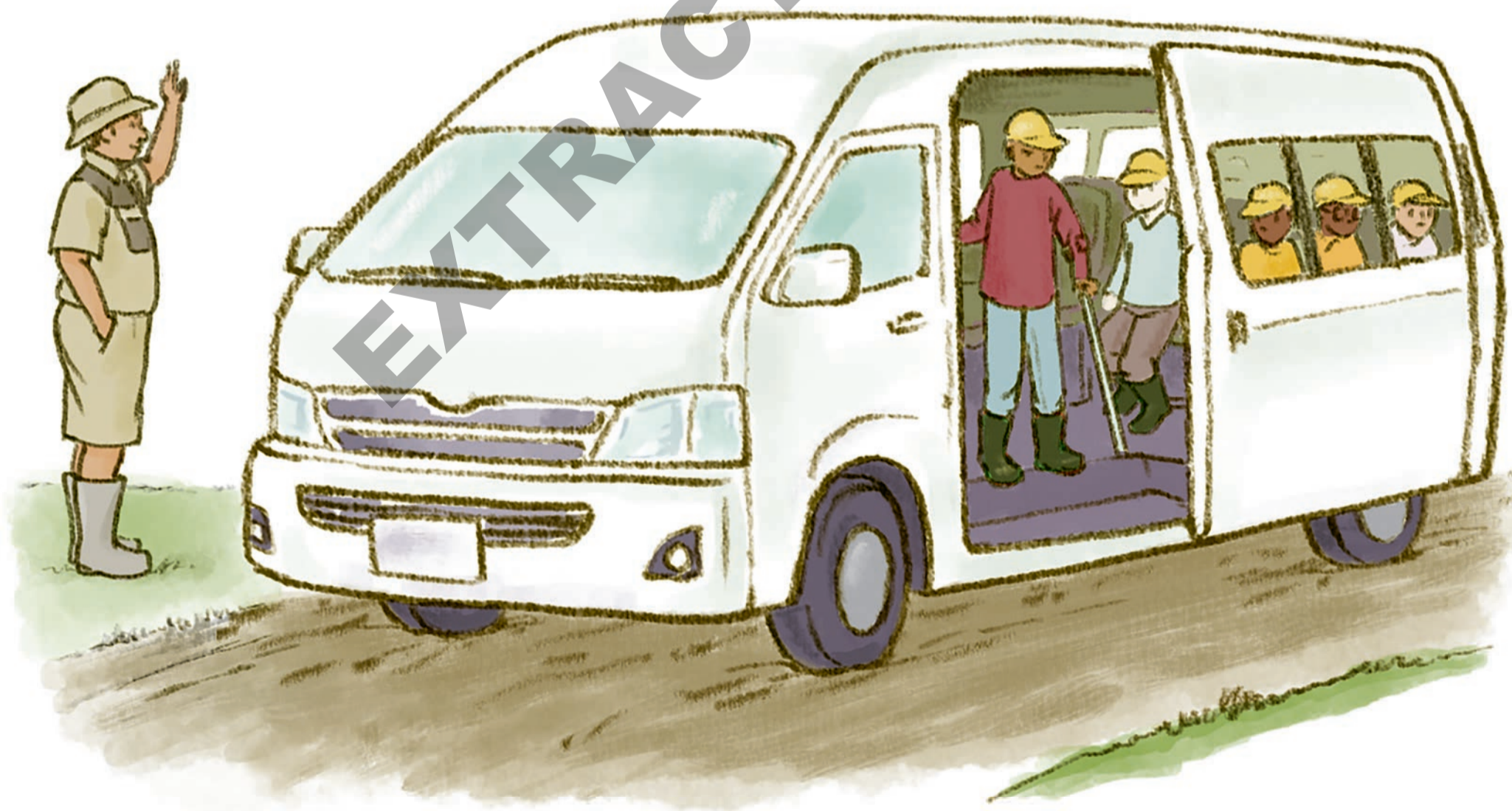
They took a taxi and went to meet him and his Superfood friends.

“Hello! Hello! Farmer Superfood,” they shouted with joy and excitement.

“We are here to meet your Superfood friends,” said the children.

ey

they



“Follow me children or else you will get lost,” said Farmer Superfood.

st

lost  
best



The children walked slowly behind Farmer Superfood.

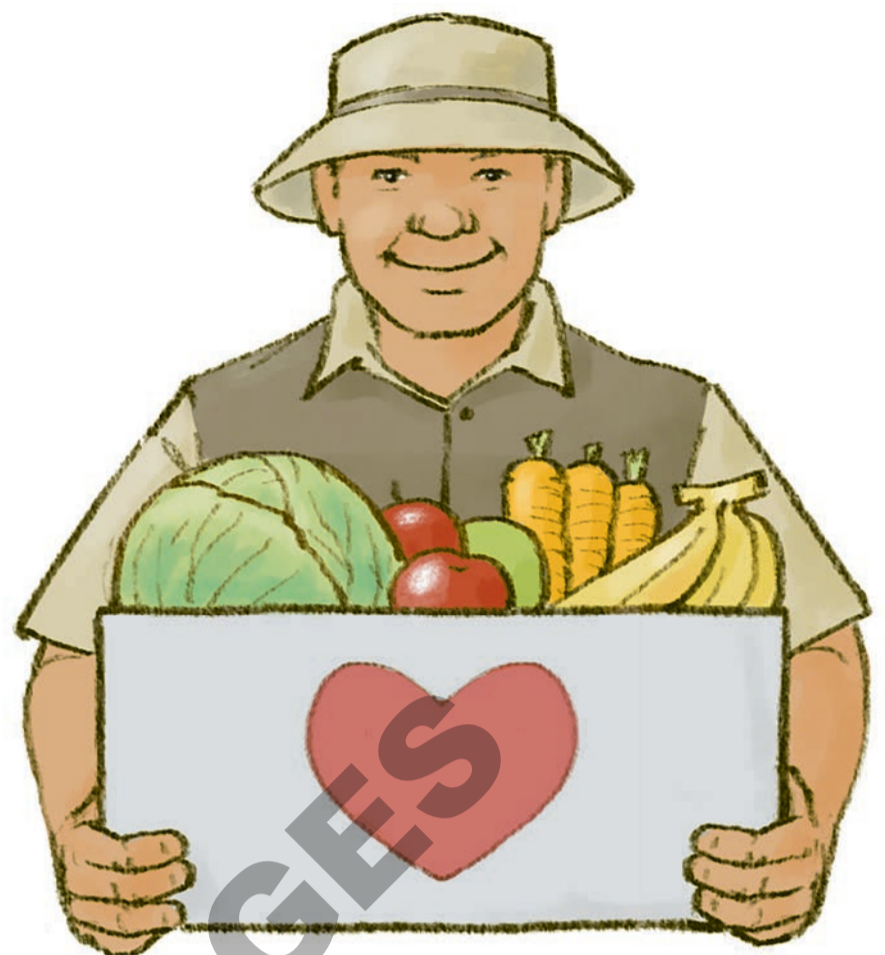
They looked here and there to see who his Superfood friends were.

“Who is your best Superfood friend?” asked the children.

“All my Superfood friends are special because they keep me healthy and strong.”

“Meet Mrs Cabbage,” he said and then started singing and clapping.

“Cabbage in salads, cabbage in stews, cabbage with meat. All so yummy and good for my tummy.”



ee

keep  
meet





“Let’s meet Mr Carrot, my shy friend, who hides under the soil. I love him because he’s bright and orange. Do you eat carrots, children?” asked Farmer Superfood.

“Yes, we love carrots because they are good for our eyesight,” said the children.



nd

friend  
under

“Where are you taking us now, Farmer Superfood?”

“To meet Mr Banana who grows on my farm by the river. When I eat ripe, yellow bananas, I’m never hungry.

Always pack a banana in your lunchbox,” sang Farmer Superfood.

**ow**

now  
grows  
yellow



“What’s that there on the hill,  
Farmer Superfood?” asked the  
children.

“It’s my apple orchard where  
red, pink and green apples grow.”

**y**

my  
tasty  
every  
day



“Mrs Apple is my most beautiful and tasty  
friend. I eat an apple every day,” said  
Farmer Superfood.

ch

chubby  
children



“I need to take you to one more place before you go,” said Farmer Superfood. “It is where Mr Junk Food lives. I do not like him very much because he makes me chubby if I eat a lot of him.” Farmer Superfood rubbed his belly. “Eat less of Mr Junk Food, children,” said Farmer Superfood.





“Take a bag of your new Superfood friends home,” said Farmer Superfood. They packed Mrs Cabbage, Mr Carrot, Mr Banana and Mrs Apple in a bag. When Farmer Superfood wasn't looking, some also packed Mr Junk Food.

“Thank you, Farmer Superfood, for giving us these healthy superfoods!”



### Post-reading questions

1. Who is Farmer Superfood? Where does he live and what does he do?
2. What was strange about Farmer Superfood's friends?
3. Which of Farmer Superfood's friends would you like to meet and why? Tell your friend.