

## Persuasive Text #1: Eat Well

### EAT WELL!

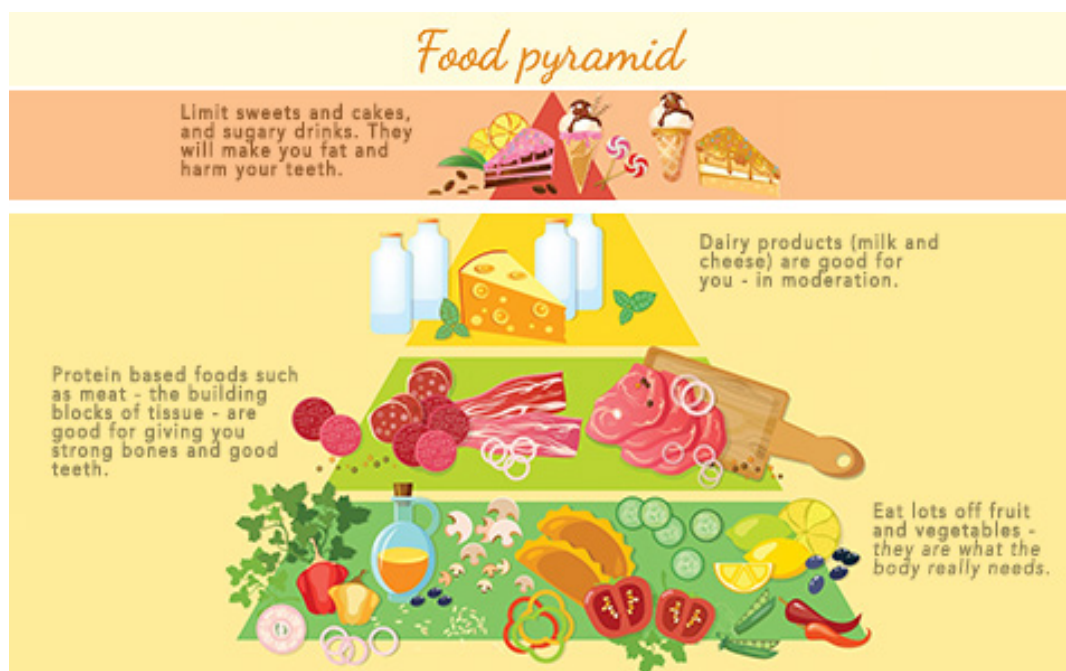
Do you want to be fit and healthy?

Do you want to live a long and happy life?

Then be careful what you eat and drink.

Limit sweets, cakes and sugary drinks.

They could make you overweight and harm your teeth.



Dairy products like milk and cheese are good for your bones and teeth – in moderation.

Protein based foods (the building blocks of tissue) like meat and eggs  
help build strong muscles.

Eat lots of fruit and vegetables - *they are what the body really needs.*

1 This text is telling us to

never eat junk food.  
eat healthy food.  
look after our teeth.  
build strong muscles.

2 Which type of food is the one we should eat the most?

Fruit and vegetables.  
Protein-based food.  
Dairy products.  
Sugary products.

3 This diagram is called a Food pyramid because

it was invented in Egypt.  
it is a triangle shape.  
it is colourful and bright.  
lots of the food pictures look like triangles.

4 Why have two questions been used in the heading?

To scare us.  
To make us feel bad.  
To get us to think about the topic.  
To teach us how question marks are used.

5 *The building blocks of tissue.*

These words in brackets refer to

food that makes you grow tall.  
food that makes your teeth shiny and white.  
food that makes you grow properly.  
food that stops the harmful effects of sugar.

6 *Dairy products are good for you – in moderation.*

What does “*in moderation*” mean?

We should hardly ever eat dairy products.  
We shouldn’t eat too many dairy products.  
We should eat lots of dairy products.  
We shouldn’t eat dairy products at all.

