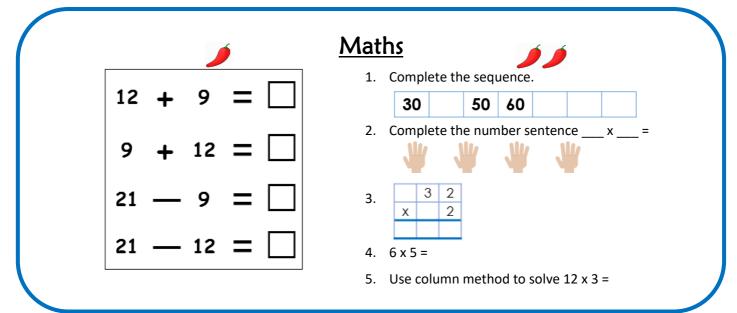
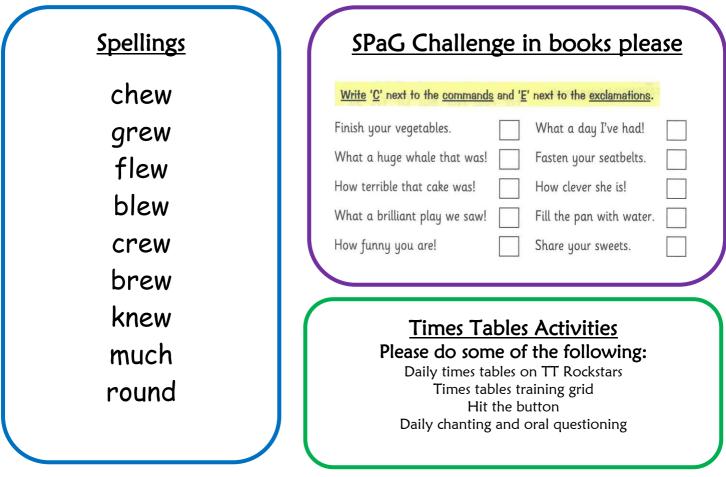
Year 4 Homework, Autumn Term 2 Week 4 - Support



Reading:

Remember you must read every day for 15 minutes. This can be reading a book or practising your phonic or digraphs. Please record this in your Home link book.



Please remember: All homework is marked in class with the children and will not have written feedback on it.

Homework is due in on the following Friday

A Postcard from Mo Farah

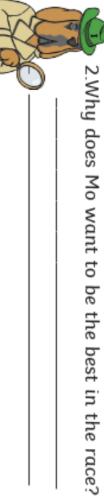
- Ν Hello Dad,
- H Africa. We have been training hard and working I'm writing to you from my running camp in
- 29 up a real sweat. It is important that we work
- 42 hard to keep fit so that we can be the best in
- 50 the race; that includes making sure that we are
- 58 eating healthy foods to keep our bodies strong.
- 67 For breakfast today, I had a bowl of porridge
- 28 with a banana on top. For lunch, I ate a jacket
- 87 potato with beans and a salad. For my evening
- 103 96 with pasta and vegetables. I love eating healthy meal tonight, I'm going to be having chicken
- 114 food because it keeps me fit and lets me run for
- 115 longer:





for it. Match the name of the meal to what Mo ate

Lunch Breakfast Evening Meal jacket potato with beans chicken, pasta and vegetables porridge with a banana on top



3. '... it keeps me fit' In this sentence, what does 'fit' mean?

What else might Mo do to keep his body

healthy?