

What I Eat

Carole Crimeen
Suzanne Fletcher

SAMPLE
www.kbs.com



Content Information

Text Type: Non-Fiction

Genre: Description

Word Count: 70

ACARA F-1 References

Learning Areas: English, Health and Physical Education

General Capabilities:

- Literacy
- Ethical Understanding:
 - * exploring values, rights and responsibilities.
- Personal and Social Capability:
 - * recognise emotions
 - * self management
 - * social awareness.

Suggested Reading Level *

| Reading Stage | Guided Reading Level | Reading Recovery |
|---------------|----------------------|------------------|
| Early | C | 4 |

| | | |
|---|---|---|
|  |  |  |
| Living Things | Staying Healthy | Healthy Living |

* Texts have been developed using *Fountas and Pinnell's Ten Characteristics of Texts for Guided Reading*. The levels are suggested only and have not been field tested.

What I Eat



Healthy Living

We can stay healthy.

SAMPLE
www.kbs.com.au





SAMPLE
www.kbs.com.au

We can eat good food,
to stay healthy.

SAMPLE
www.kbs.com.au





SAMPLE
www.kbs.com.au

Do you eat good food?



Knowledge Books and Software

PO Box 50 Sandgate, Queensland 4017 Australia

p. +617-55680288 f. +617-55680277 email: sales@kbs.com.au

First Published 2022

ISBN 9781922516558

Text and editing: Carole Crimeen

Design and layout: Suzanne Fletcher

Publisher: Robert Watts

Series Information: **Healthy Me**

Reproduction and Communication for educational purposes

Fair Go!

Make sure you record any copying of this book so we may get some benefit please.

The Australian Copyright Act 1968 (the Act) allows a maximum of one chapter or 10% of the pages of this work, whichever is the greater, to be reproduced and/or communicated by any educational institution for its educational purposes provided that the educational institution (or the body that administers it) has given a remuneration notice to the Copyright Agency Limited (CAL) under the Act.

For details of the CAL licence for educational institutions contact:

Copyright Agency Limited

Level 15, 233 Castlereagh Street,

SYDNEY, NSW 2000

Telephone: +61293947600 Fax: +61293947601 Email: info@copyright.com.au

Reproduction and Communication for other purposes

Except as permitted under the Act (for example for the services of the Crown or in reliance on one of the fair dealing exceptions ie. a fair dealing for the purposes of research or study) no part of this book may be reproduced, stored in a retrieval system, communicated or transmitted in any form or by any means without prior written permission.

Credits

Fountas, I.C., & Pinnell, G.S. (2017). Literacy Continuum: A Tool for Assessment, Planning and Teaching, PreK-8. Portsmouth, NH: Heinemann.

Photographs: Cover © Arvind Balaraman; Inside front cover © Pavel Mastepanov, StockBURIN, Su Xingmin; p. 1 © Lana K; p. 3 © Monkey Business Images; p.

5 © Oksana Kuzmina; p. 7 © Anton_Ivanov; p. 9 © Celig; p. 10 © mamormo,

BlueRingMedia, brgfx; p. 11 © New Africa; p. 13 © Maryna Pleshkun; p. 15 ©

Photographeeu; p. 16 © glenda/Shutterstock. Back Cover & Page Numbers © Su Xingmin/Shutterstock.

What I Eat

What I Eat is a simple informational text with positive messaging around the importance of eating a balanced diet in order to help stay healthy.

The Authors

Carole and Suzanne are sisters and educators.

Carole has over 30 years teaching experience. The last 15 years have been spent specialising in early literacy acquisition, training teachers and designing and delivering early reading and writing interventions. Carole has a Master of Education and a Master of Teaching English to Speakers of Other Languages.

Suzanne has 15 years teaching experience 13 of which have been spent teaching ESL students. She has a Master of Education (IT in Education) and a Bachelor of Vocational Education and Training.



ISBN:9781922516558



KNOWLEDGE
BOOKS

Healthy
Me

