

Our Healthy Lunches

Carole Crimeen
Suzanne Fletcher



Content Information

Text Type: Non-Fiction

Genre: Description

Word Count: 55

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	D	5/6

		
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.

Our Healthy Lunches



SAMPLE
www.kbs.com.au

Healthy Living

This is my family.

SAMPLE
www.kbs.com.au





Mum



Dad



Me



My brother

I stay healthy
with my family.

We like to
eat healthy food.

SAMPLE
www.kbs.com.au





Are your lunches healthy?



Knowledge Books and Software

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Series Information: **Healthy Me**

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Credits

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

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Our Healthy Lunches

Our Healthy Lunches is a simple informational text that promotes healthy eating. By looking at a range of lunches, from a packed lunch through to a home made salad, the importance of eating a balanced diet is illustrated.

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.



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**KNOWLEDGE
BOOKS**

Healthy
Me



Healthy Eating Youtube