

Learn a reading skill.

What does the word mean?

Use the words around the word you don't know to guess its meaning.

e.g. What is 'Chihuahua'?

When I am walking my Chihuahua in the park, it suddenly **barks** at a group of children.

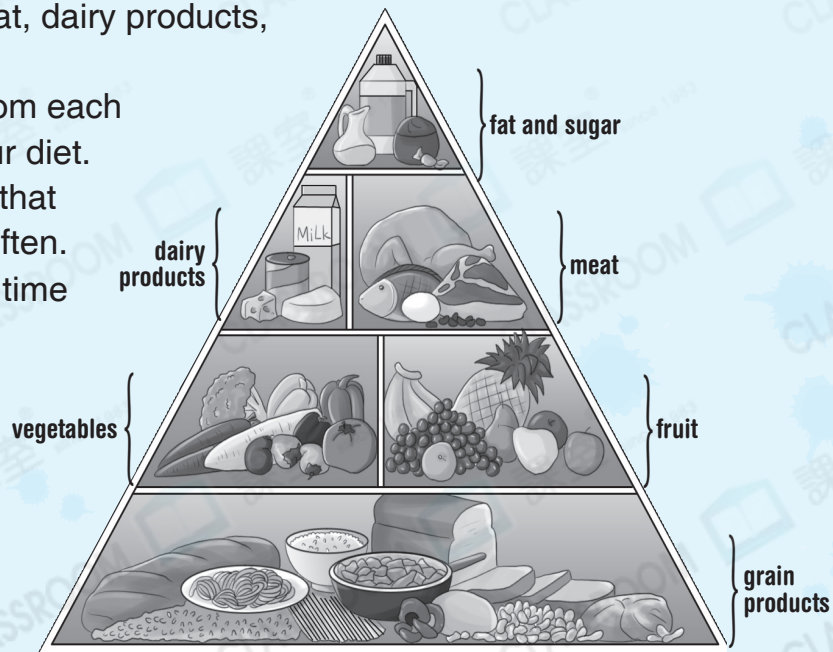
'Chihuahua' must be a kind of dog because 'it barks'.

Read the poster.

Tips on What to Eat

Want to have a healthy diet? Here are some tips:

- * There are five food groups: grain products, fruit and vegetables, meat, dairy products, and fat and sugar.
- * You should have food from each of the food groups in your diet.
- * You should not eat food that is high in fat and sugar often.
- * If you do not have much time to eat in the morning, think of some healthy food that is quick and easy to make.
- * When you plan a menu for your family, do not forget different age groups eat differently.



Have your own healthy diet starting from today!

