



Olivia is reading a school notice. Read the school notice.

Healthy Eating Week

Healthy eating is very important for children's **physical** development. To raise students' **awareness** of this issue, our school is going to have Healthy Eating Week from 21st (Monday) to 25th March (Friday). A range of activities are available for students to join.

① Airing *Dr Healthy Says*

Campus TV will air the popular cartoon series *Dr Healthy Says*, which teaches children about different food nutrients and how to maintain healthy eating habits.

Date & Time: Monday to Friday, 12:45 pm – 1:15 pm

Venue: Campus TV Corner (*No eating or drinking at the venue.)

② Healthy Cooking Class

Mr Simon Fan, the famous **nutritionist** and chef, will teach you to prepare a healthy meal, which includes pumpkin soup, salmon in lemon butter sauce and tofu ice cream.

Date & Time: Tuesday to Thursday, 4 pm – 5:30 pm

Venue: Cookery Room (Each student needs to pay an ingredient fee of \$150)

③ Healthy Eating Party

We will end this week with a party. Each class can make or order healthy party food and share **it** with other classes.

Date & Time: Friday, 2 pm – 3:30 pm (*All other extracurricular activities will be cancelled.)

④ Special Sales on Healthy Snacks and Drinks

The tuck shop will arrange a special sale on healthy snacks and drinks. You can get a \$5 discount when you buy fruit, mixed nuts or tea-braised eggs. There is also a buy-one-get-one-free promotion on milk and soy milk.

For students who are interested in joining the cooking class, please apply online on the school website (<https://sps.com/healthycookingclass>). If you have any questions about the activities, please feel free to contact Mr Kelvin Wong for more details.

Emily Yip

Principal



10 mins

DATE

Choose the best answers by blackening the circles.



- The school notice mainly _____.
 - A. teaches students the importance of healthy eating
 - B. introduces the popular cartoon series to students
 - C. informs students about the details of Healthy Eating Week
 - D. promotes the tuck shop's special sale
- When does Healthy Cooking Class take place? (Choose more than one answer.)
 - A. 22nd March
 - B. 23rd March
 - C. 24th March
 - D. 25th March
- In the section 'Healthy Eating Party', the word '**it**' refers to _____.
 - A. the Healthy Eating Party
 - B. tips for healthy eating
 - C. the healthy party food
 - D. tips for making healthy food
- What can students do during Healthy Eating Week?
 - A. eat their lunch while watching *Dr Healthy Says*
 - B. learn to cook a healthy three-course meal
 - C. have a yoga class after school on Friday
 - D. get free fruit from the tuck shop

Answer the questions in complete sentences.



Tip
Q5: Why is Healthy Eating Week held?

- What is the aim of organising Healthy Eating Week?

- What special offer can students get if they buy healthy snacks from the tuck shop?

Fill in each blank with ONE word from the school notice. Change the word form when necessary.

I want to learn cooking from Simon Fan, who is a chef and a 7. _____ at the same time. Could you tell me how I can apply 8. _____ ?