

VIBE ACTIVITIES

All Stars Celebrity Health pages 32 and 33

ALL STARS CELEBRITY HEALTH

What do you eat to stay healthy?

I pretty much stick to the basics – I try to eat as many fruits and vegetables as I can, as well as lean meat. But it's the fruit and vegetables that keep me really healthy. I try to cut out all junk food, and, as long as I'm eating all the right stuff, my weight usually stays good. **Daniel Geale**



What do you eat to stay healthy?

I always start the day with a couple of eggs on toast, then chicken with steam vegetables for lunch and something healthy, but smaller portions for dinner. **Nathan Jawai**



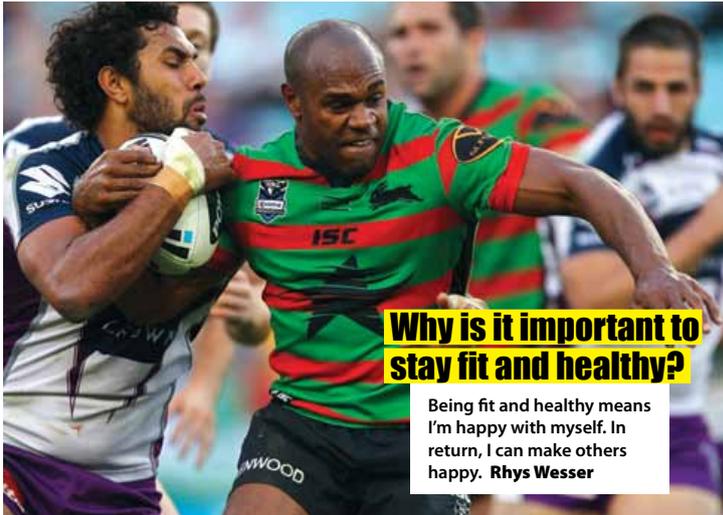
What do you do when you feel down?

When I first moved to Sydney I was often homesick and felt a bit down. To help me feel better I kept in regular contact with my family and old mates. It's always good to have that family support – I wouldn't be where I am without them. **George Rose**



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Why is it important to stay fit and healthy?

Being fit and healthy means I'm happy with myself. In return, I can make others happy. **Rhys Wesser**



How do you stay fit?

I train at the gym at least six days a week. I do a lot of cardio work, including boxing and strength training with weights along with a couple of spin (exercise bike) classes. I also love to run long distance and do at least one 10km run each week. **Karla Grant**



Do you drink or smoke?

As an 18 year old, it can be the norm to go out with friends and have a drink, but I always keep my eye on my goals and limit drinking to special occasions. Binge drinking has serious effects on your performance and can undo all your hard work. **Kyah Simon**



Tips and advice

Well, to all those still in school, especially the young fella's, they should remember that even if you don't like school, it's still an education that you're getting, which is really, really important. If you want to really get somewhere in the world, you need an education. You can still achieve if you don't finish high school, but it makes it a lot easier if you do. You should always take opportunities to learn new things, even if it's not at school. You should always take the opportunity to learn as it creates skills for life which you can always use later on. **Joel Wenitong**



What do you eat to stay healthy?

I eat a lot of pasta, for carbohydrates, and a lot of fruit and vegetables. I try to stay away from junk food and fast food because if you eat junk or crap food before a game or two days before a game, you just won't have any energy to play. **Rhane Cox**



Do you love to keep fit and active?

Daniele Geale is a boxing champion who eats fresh, healthy food to keep fit.

Basketballer Nathan Jawal always eats breakfast.

Rohanee Cox eats pasta to give her energy before a game.

READ *All Stars Celebrity Health* pages 32 and 33

ACTIVITY 1

BUILDING READING SKILLS

- skimming and scanning for information.
- reading headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

1 Daniel Geale is a

- basketball player.
- boxer.
- singer.
- hockey player.



(literal)

Shade one bubble.

2 What does Nathan Jawal do to keep healthy?

(literal)



3 Why did Rhys Wesser think it's important to keep healthy?

(literal)

4 What are two reasons that you like to keep fit and healthy?

(applied)

ACTIVITY 2

LANGUAGE CONVENTIONS - SPELLING

1 The spelling mistakes in these sentences have been underlined.
Write the correct spelling for each word in the box.



Eating good food keeps him helthy.

He always watches his wait.

I try to get some reglar exercise.



2 Unscramble these words from the text.

e p e n o r r f m a c	
i a d c v e	
g t i r a i n n	

3 Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.



Traneing every day keeps me healthy and happy.

Part of being healthy is getting a good educashon.

It's good to eat fresh vegetables and fruit.

ACTIVITY 3

SENTENCE CUT AND PASTE

1 Unscramble this sentence. Glue the words and punctuation to your page in the correct order.



"	fit	myself	Being	I'm
---	-----	--------	-------	-----

with	.	means	Rhys	and
------	---	-------	------	-----

said	healthy	happy	,	"
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ACTIVITY 4

NOUNS

- 1** Common nouns are naming words for people, places and things.
Circle the common nouns.

(Remember – Proper nouns are special names for people, places and things.
They always start with a capital).

Rohanee was going shopping. She made a list.
She needed pasta, bananas, apples, bread and
orange juice. Rohanee took her shopping bag with
her to the shop.

- 2** Draw a picture of each common noun.

