

# Morning Starters: Summer 1 - Food for Thought

## Word Challenge

**Identify and write the correct spelling of the scrambled words listed below:**

- 1) kjnu
- 2) eadsise
- 3) rchncio
- 4) lbadena

**Hint:** All of the words appear in the clip description.

## Grammar Challenge

Click text to edit 

**Write a rhetorical question about junk food that starts with a modal verb.**

**Modal verbs:** should, could, might, ought, isn't

**Note:** A rhetorical question is a question that is asked to make a point rather than to get an answer.

## Did You Know?

Eating too much junk food harms your body by contributing to obesity, heart disease and diabetes. High in sugar, unhealthy fats and empty calories, junk food lacks essential nutrients and can lead to poor energy levels, digestive issues and increased risk of chronic diseases. Prioritising a balanced diet is crucial for staying healthy and feeling your best.



Credit: CBBC Newsround

## Number Challenge

Mo eats 2 packets of crisps and 2 chocolate bars every day. Each packet of crisps has 120 calories and each chocolate bar has 180 calories.

**If the recommended daily calorie intake for a child of Mo's age is 1,800 calories, what fraction of his daily calorie intake comes from junk food?**

## Critical Thinking

**Why do so many people choose junk food over healthier food options?**

Monday

Tuesday

Wednesday

Thursday

Friday