

A Postcard from Mo Farah

2 Hello Dad,
11 I'm writing to you from my running camp in
19 Africa. We have been training hard and working
29 up a real sweat. It is important that we work
42 hard to keep fit so that we can be the best in
50 the race; that includes making sure that we are
58 eating healthy foods to keep our bodies strong.
67 For breakfast today, I had a bowl of porridge
78 with a banana on top. For lunch, I ate a jacket
87 potato with beans and a salad. For my evening
96 meal tonight, I'm going to be having chicken
103 with pasta and vegetables. I love eating healthy
114 food because it keeps me fit and lets me run for
115 longer.



Quick Questions

1. Match the name of the meal to what Mo ate for it.
- | | |
|--------------|-------------------------------|
| Breakfast | chicken, pasta and vegetables |
| Lunch | porridge with a banana on top |
| Evening Meal | jacket potato with beans |



2. Why does Mo want to be the best in the race?

3. '...it keeps me fit' In this sentence, what does 'fit' mean?



4. What else might Mo do to keep his body healthy?


