

Year 2 Reading

Read the text and then pick some questions to answer each day

A Postcard from Mo Farah

Hello Dad,

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



1. What is a 'postcard'?
2. What are 'healthy foods'?
3. What do the words 'keep fit' mean in the text?
4. Where is Mo Farah?
5. Who is he writing to?
6. Why does he have to work hard to keep fit?
7. Why does he love eating healthy food?
8. Why do you think he wants to be the best in the race?
9. Draw lines to match up the foods Mo eats to the correct meal
Breakfast chicken, pasta and vegetables
Lunch porridge with a banana on top
Evening Meal jacket potato with beans
10. Mo Farah is famous (well known). Can you find out why? If you can find out any other facts about him, write them down.