

Session 6

Miss Brophy's group

Read this extract from the book carefully.

extract 5

One day there was nothing but Gorgonzola cheese all day long.

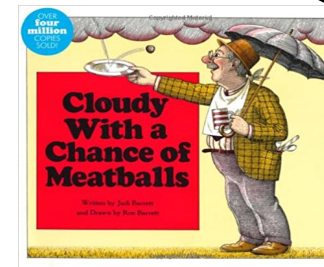
The next day there was only broccoli, all overcooked.

And the next day there were Brussel sprouts and peanut butter with mayonnaise.

Another day there was a pea soup fog. No one could see where they were going and they could barely find the rest of the meal that got stuck in the fog.

The food was getting larger and larger, and so were the portions. The people were getting frightened. Violent storms blew up frequently. Awful things were happening. One Tuesday there was a hurricane of bread and rolls all day long and into the night. There were soft rolls and hard rolls, some with seeds and some without. There was white bread and rye and whole wheat toast. Most of it was larger than they had ever seen bread and rolls before. It was a terrible day. Everyone had to stay indoors. Roofs were damaged, and the Sanitation Department was beside itself. The mess took the workers four days to clean up, and the sea was full of floating rolls.

Draw a picture, detailing what you have read in extract 5. What might the town of Chewandswallow look like at the moment?





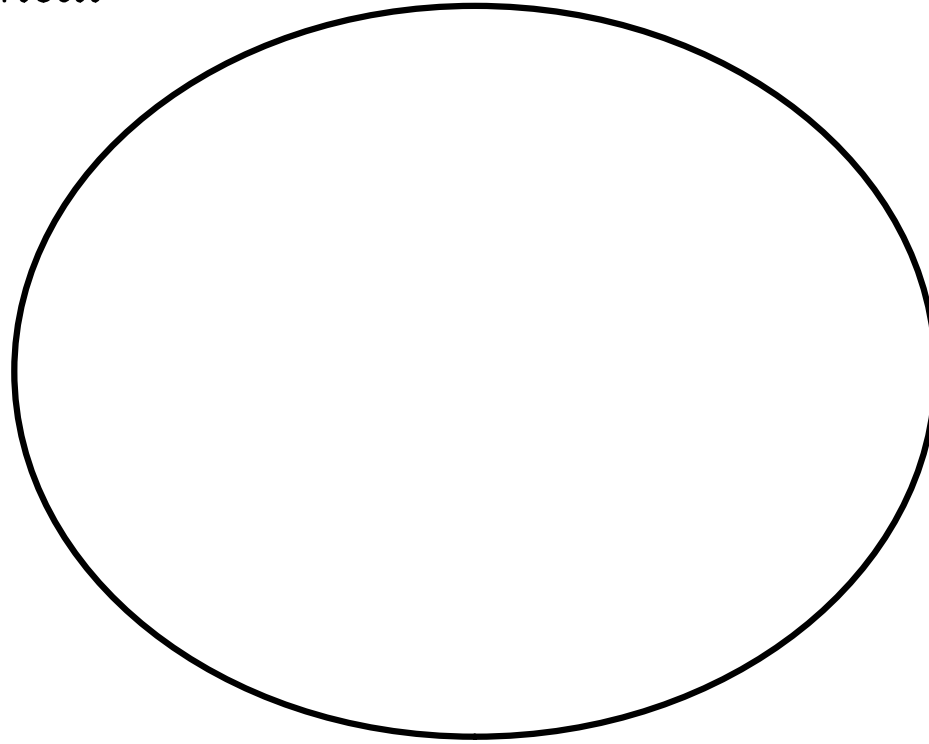
At this point in the story the portion sizes are too big and people are struggling to eat all of the food that is coming into the town. Lets try and think of a healthy meal that would be better for them.

On the Eatwell plate, draw and design a healthy meal and then describe what is in your meal underneath.

Make sure you have included a variety of food from the different food groups to ensure it is a healthy meal.



A healthy meal



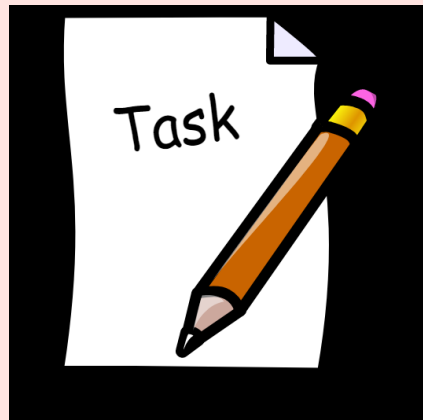
---

---

---

---

---



Finish with a minimum 15 minutes on Spelling Shed on the lists you have been set.