

2010 Year 3 — Literacy preparation

Reading magazine

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You're invited to
Adam's 11th birthday party!

On Saturday 13th September 10:00am – 2:00pm
Eastern Park, Shelly Beach

RSVP to Adam's mum on 2578 3098
(by Fri 12 Sep)

Bring your togs and towel.
Don't forget the sunscreen!



Snack right

Just like a car engine needs petrol, your body needs fuel. It needs food!



The things you eat and drink are turned into energy. You need energy for everything – playing, walking, running, thinking – even sleeping. Feeling hungry may mean you are running low on energy. If it is not mealtime, you may need a snack to re-fuel. But what sort of snack should you eat? This is like choosing the right fuel for a car. Some cars, such as racing cars, need the best fuel to go fast and keep their engines running smoothly. So, if you want to be at your most lively, choose the best fuel. This means eating healthy snacks. There is no better way to keep your engine running smoothly!

Healthy snacks Eat these often.	Unhealthy snacks Eat these only sometimes.
• Bread • Fresh fruit • Fish • Fresh vegetables	• Chips • Lollies • Soft drinks • Chocolate bars • Biscuits



A cultivated wolf

by Pascal Blet

After many days' walking, the Wolf wandered into a quiet little town. He was tired and hungry and his feet were aching, and he had only a little money that he kept for emergencies. Then he remembered. There's a farm outside this village, he thought. I'll find some food there...

As he walked over the farm fence he saw a duck and a cow reading a book. The Wolf had never seen animals like this. My eyes are playing tricks on me, he thought. The Wolf was hungry and didn't think much.

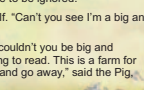
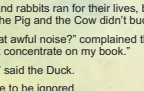
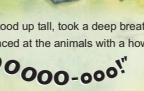


The Wolf stood up tall, took a deep breath... and pounced at the animals with a howl: "Aaa-OOOO-ooo!"

Chickens and rabbits ran for their lives, but the Duck, the Pig and the Cow didn't budge. "What is that awful noise?" complained the Cow. "I can't concentrate on my book."

"Just ignore it," said the Duck.

The Wolf did not like to be ignored. "What are you doing with you?" asked the Wolf. "Can't you see I'm a big and powerful wolf?"

"You are," replied the Pig. "But couldn't you be big and powerful somewhere else? We're trying to read. This is a farm for animals. Now be a good wolf and go away," said the Pig, and he gave the Wolf a push.

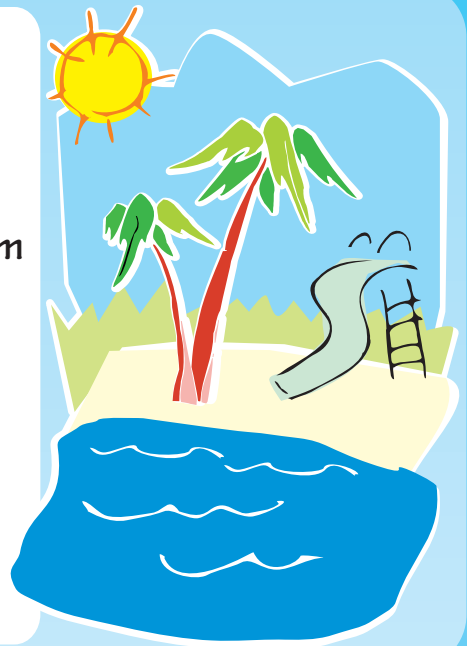


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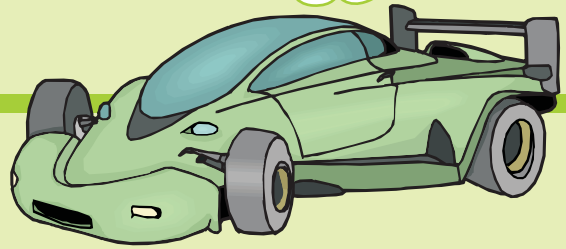
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Snack right



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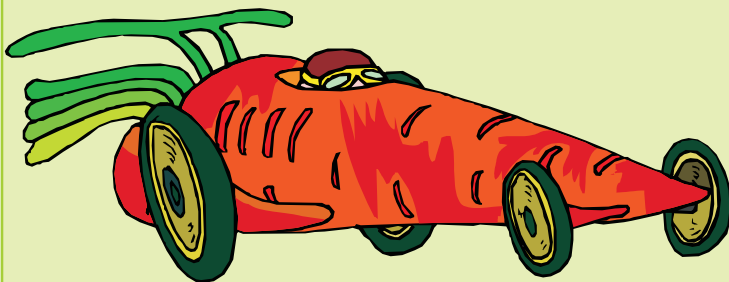


The things you eat and drink are turned into energy.

You need energy for everything – playing, walking, running, thinking – even sleeping.

Feeling hungry may mean you are running low on energy. If it is not mealtime, you may need a snack to re-fuel.

But what sort of snack should you eat? This is like choosing the right fuel for a car. Some cars, such as racing cars, need the best fuel to go fast and keep their engines running smoothly.



So, if you want to be at your most lively, choose the best fuel. This means eating healthy snacks. There is no better way to keep your engine running smoothly!

Healthy snacks

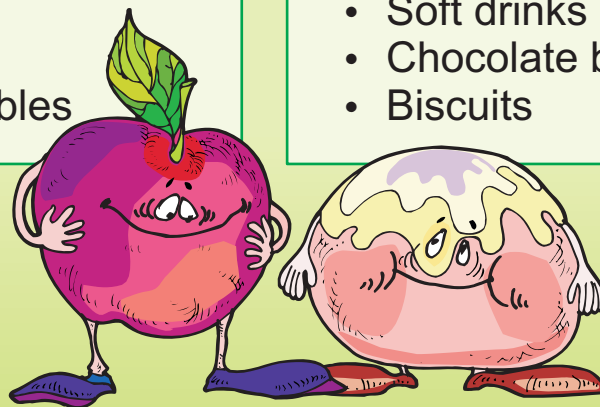
Eat these often.

- Nuts
- Seeds
- Dried fruit
- Fresh fruit
- Fresh vegetables

Unhealthy snacks

Eat these only sometimes.

- Chips
- Lollies
- Soft drinks
- Chocolate bars
- Biscuits



A cultivated wolf

by Pascal Biet

After many days' walking, the Wolf wandered into a quiet little town. He was tired and hungry and his feet were aching, and he had only a little money that he kept for emergencies.

Then he remembered. There's a farm outside this village, he thought. I'll find some food there...

As he peered over the farm fence he saw a pig, a duck and a cow reading in the sun.

The Wolf had never seen animals read before. My eyes are playing tricks on me, thought the Wolf. But he was hungry and didn't think about it too much.



The Wolf stood up tall, took a deep breath...
...and pounced at the animals with a howl:

“Aaa-Oooooo-ooo!”

Chickens and rabbits ran for their lives, but the Duck, the Pig and the Cow didn't budge.

“What is that awful noise?” complained the Cow. “I can't concentrate on my book.”

“Just ignore it,” said the Duck.

The Wolf did not like to be ignored.

“What's wrong with you?” asked the Wolf. “Can't you see I'm a big and dangerous wolf?”

“I'm sure you are,” replied the Pig. “But couldn't you be big and dangerous somewhere else? We're trying to read. This is a farm for cultivated animals. Now be a good wolf and go away,” said the Pig, and gave him a push.

