Following on from Health week last week we would like you to do a bit of writing for us.

Read the following bit of information about George and discuss what it says with someone in your family.

This is George. He is 8 years old and loves sports of any kind. He plays in defence on the school basketball team and is the top goal scorer in his local football club!

Keeping fit is very important to him so in his spare time he jogs with his brother Jack.

Life seems to be good for George but his family are worried about him and they need some help from you.

George is a fussy eater. His family try hard to persuade him to eat more healthily but he will only eat cheese and tomato pizza, and hotdogs with lots of ketchup. Nothing else! Breakfast for George doesn’t exist.

**Step one:** What questions could you ask George about his eating?

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2. ..............................................................................................................................................................................................................................................................................................................................................

3. ..............................................................................................................................................................................................................................................................................................................................................

**Step two:** Give five reasons why it is important to eat lots of different foods each day.

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2. ..............................................................................................................................................................................................................................................................................................................................................

3. ..............................................................................................................................................................................................................................................................................................................................................

4. ..............................................................................................................................................................................................................................................................................................................................................

5. ..............................................................................................................................................................................................................................................................................................................................................

**Step three:** What could happen if George doesn’t change his diet? How do you know this?

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Step four: Can you add some words and phrases to the bank below to persuade George of your viewpoint? There are some already there to help you.

I think... 
I know...
You must...
What if... 
It’s important to...

You are now going to use your notes to write a paragraph to persuade George that he should eat a more healthy and varied diet.