

# Doctor's Orders

**11 Mum:** How did you go on at the doctors, Sammy? What  
**14** did they say?

**24 Sammy:** Well, it wasn't good news. The doctor says that  
**37** I need to get healthier or I will be poorly. I don't do  
**45** enough exercise and I'm not eating healthy food.

**56 Mum:** I thought you were quite healthy. You eat lots of  
**62** different things and you play outside.

**76 Sammy:** I know but it is not enough. I need to eat at least  
**85** five pieces of colourful, juicy fruit and tasty vegetables  
**96** every single day. I need to get at least thirty minutes  
**106** of tiring exercise every single day that makes my heart  
**112** beat faster and makes me sweaty.

**120 Mum:** Let's make more healthy choices together, Sammy.



# Quick Questions



1. What does Sammy say will happen if she doesn't become healthier?

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2. Did Mum know that Sammy was unhealthy? How do you know?

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3. What might Sammy and Mum do to get healthier?

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4. Which two adjectives does the author use to describe fruit?

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## Answers

1. What does Sammy say will happen if she doesn't become healthier?

**She will become poorly.**

2. Did Mum know that Sammy was unhealthy? How do you know?

**Accept the answer, 'No' followed by any sensible justification linked to the text, e.g. Mum did not know that Sammy was unhealthy. I know this because she says, 'I thought you were quite healthy.'**

3. What might Sammy and Mum do to get healthier?

**Accept any sensible answer linked to the topic, e.g. Sammy and Mum might go out jogging together/cook healthier food/eat more fruit and vegetables/stop eating fatty foods.**

4. Which two adjectives does the author use to describe fruit?

**colourful and juicy**