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.
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1. Match the name of the meal to what Mo ate for it.
   - Breakfast: porridge with a banana on top
   - Lunch: jacket potato with beans
   - Evening Meal: chicken, pasta and vegetables

2. Why does Mo want to be the best in the race?
   Accept any sensible inference linked to the text, e.g. Mo wants to be the best in the race so that he can win a medal.

3. ‘...it keeps me fit’ In this sentence, what does ‘fit’ mean?
   Accept any answer which equates fit to being healthy.

4. What else might Mo do to keep his body healthy? Accept any sensible prediction linked to the topic, e.g. Mo might make sure that he always gets a good night’s sleep.