

# A Note in the Kitchen

1. When you get home there is a note on the kitchen table.



*Gone out  
Dinner in oven  
Back soon  
Luv Mum*

Now write the message in full sentences. Start like this.



*I have gone*

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2. Jeff comes home to find a note from his wife, Ann.



*Dear Jeffrey,  
We have a small emergency.  
Your mother has just called on the telephone.  
She is arriving on the seven thirty train!  
Please can you tidy up the house.  
Your panicking wife, Ann.*

Change these full sentences into a short note. Underline the words you need to use. Start like this.



*Jeff*

*Emergency!*

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3. Imagine you are going to a friend's house for tea. Write a short note to tell someone at home where you've gone.

# What Kind of People Were They?

Narrative skills

1. Choose the best words to fill the gaps to describe a mean, nasty person.



walked crept  
stomped

slamming  
pulling closing

A tall, thin man \_\_\_\_\_ into the room, \_\_\_\_\_ the door

gently  
angrily softly

glared looked  
smiled

\_\_\_\_\_ behind him. He stood and \_\_\_\_\_ at the people

asked grinned  
growled

nastily  
happily quietly

sitting at the table. "Who's in charge here?" he \_\_\_\_\_.

2. Choose the best words to fill the gaps to describe a happy, friendly person.



stared smiled  
frowned

staggered  
shuffled hurried

The waitress \_\_\_\_\_ at us and \_\_\_\_\_ over to our table.

grumpily  
cheerily sadly

"Can I help you?" she asked \_\_\_\_\_. She took our order and

said mumbled  
shouted

returned with the drinks. "Here you are," she \_\_\_\_\_,

shoving  
pushing placing

\_\_\_\_\_ them in front of us.

# Why is Junk Food Bad for You?



1. Give reasons why junk food is bad for you.

fresh  
contains  
fat

which means  
therefore  
so

teeth  
vitamins  
bad

Junk food  a lot of sugar,

it is bad for your .

It has a lot of  in it,  it

can give you  skin and make you fat.

It doesn't contain much  fruit or vegetables,

you don't get the  and minerals you need.

2. Write three more reasons of your own why junk food is bad for you.  
(ideas: expensive, added chemicals, lazy)

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

3. Choose three reasons. Use the template on page 4 to help you write an essay explaining why junk food is bad for you.