

Y2 Information Text: Explanation Example Text

How Can We Stay Healthy?

There are lots of things we can do to stay healthy and to keep illnesses away. Changing what we eat and how much we exercise can help us to improve our health. Read on for lots of useful facts and tips to help you to be the healthiest you can be.

Food and Drink

All living things need food and drink to survive. The type of food we eat and the types of drinks we have are important.

Food Types

There are six groups of food. These are fruit and vegetables, starchy foods, meat, dairy, fats and sugary foods. Some of these foods are better for us than others.

Fruit and Vegetables and Starchy Food

Fruit, vegetables and starchy foods are very good for us because they contain vitamins and minerals. Vitamins and minerals help our bones, skin and muscles to stay strong and healthy. We should try to include these in every meal and to eat them as snacks. You could swap your chocolate snack for a crunchy apple or try a juicy pear.



Meat and Dairy

Meat and dairy food like cheese and milk are also good for us but we shouldn't eat these more than two or three times a day. Meat and dairy foods help us to have strong bones and muscles. A cold glass of milk with your breakfast or lunch is a good choice!

Sugary and Fatty Foods

Foods like chocolate and cake are yummy but they are very high in sugar and fat. This kind of food isn't good for us. These foods should only be eaten as a treat no more than once a day.

Did You Know?

Sugary treats are bad for your teeth. You shouldn't eat these too much and you should try to eat them at meal times.

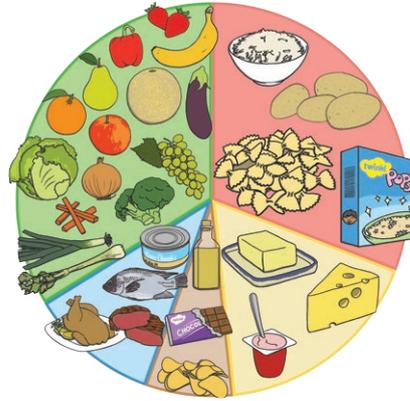
Y2 Information Text: Explanation Example Text

Healthy Plate

A healthy meal should have more fruit, vegetables and starchy food than anything else. The diagram below shows how much of each kind of food should be on your plate.

Drinks

The best drinks for staying healthy are water and milk. Fruit juices can be good for us but they can have a lot of sugar in them. Fizzy drinks are not good for us at all.



This is a healthy plate

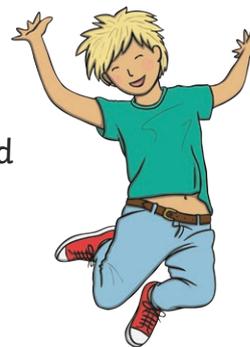
Exercise

To stay healthy our bodies also need exercise. Exercise helps to keep our muscles strong. Children should have at least sixty minutes of exercise a day.

What Kind of Exercise?

Lots of the fun things you already do are good exercise. Your heart should beat faster and you should be a bit breathless when you exercise. Some exercises you could try are:

- riding a scooter
- walking a dog
- playing tag in your school's playground
- playing football
- playing hockey
- bouncing on a trampoline
- dancing



Remember to use the right safety equipment and to exercise carefully.

Staying fit and well doesn't have to be difficult. You will be well on your way to staying healthy if you eat the right things and move more.

How wonderful it is to feel healthy!

Y2 Information Text: Explanation Example

Text Annotated Genre Features

¹use a question title

How Can We Stay Healthy?¹

²write an introduction

There are lots of things we can do to stay healthy and to keep illnesses away. Changing what we eat and how much we exercise can help us to improve our health. Read on for lots of useful facts and tips to help you to be the healthiest you can be².

³use facts to explain how something works or why something happens

Food and Drink⁴

All living things need food and drink to survive. The type of food we eat and the types of drinks we have are important.

⁴put information into ordered sections

Food Types⁴

There are six groups of food. These are fruit and vegetables, starchy foods, meat, dairy, fats and sugary foods. Some of these foods are better for us than others.

⁵include a picture to explain something

Fruit and Vegetables and Starchy Food

Fruit, vegetables and starchy foods are very good for us because they contain vitamins and minerals. Vitamins and minerals help our bones, skin and muscles to stay strong and healthy³. We should try to include these in every meal and to eat them as snacks. You could swap your chocolate snack for a crunchy apple or try a juicy pear.



Meat and Dairy⁴

Meat and dairy food like cheese and milk are also good for us but we shouldn't eat these more than two or three times a day. Meat and dairy foods help us to have strong bones and muscles. A cold glass of milk with your breakfast or lunch is a good choice!

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Example Text Annotated Genre Features

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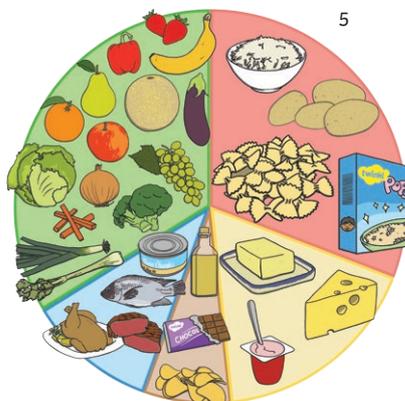
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Healthy Plate⁴

A healthy meal should have more fruit, vegetables and starchy food than anything else. The diagram below shows how much of each kind of food should be on your plate.

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The best drinks for staying healthy are water and milk. Fruit juices can be good for us but they can have a lot of sugar in them. Fizzy drinks are not good for us at all.



This is a healthy plate

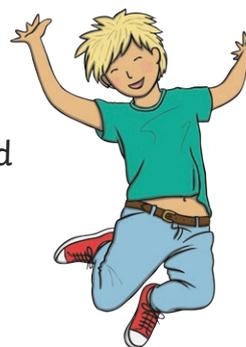
Exercise⁴

To stay healthy our bodies also need exercise. Exercise helps to keep our muscles strong. Children should have at least sixty minutes of exercise a day.

What Kind of Exercise?

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- dancing



Remember to use the right safety equipment and to exercise carefully.

Staying fit and well doesn't have to be difficult. You will be well on your way to staying healthy if you eat the right things and move more.

How wonderful it is to feel healthy!

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Annotated Grammar, Punctuation and Spelling Features

All text: the full range of SPaG features used from previous year groups shown throughout including capital letters, full stops, commas in lists, ambitious adjectives, varied sentence types, most common exception words spelt correctly and co-ordination within sentences.

¹ sentence punctuated with a question mark

² sentence punctuated with an exclamation mark

³ sentence punctuated with capital letter and full stop

⁴ correct form of past and present tense used (including progressive form of the past and present tense)

⁵ suffix -ment, -ness, -ful, -less, -ly added correctly to root word

⁶ apostrophe for contraction

⁷ apostrophe for possession

How Can We Stay Healthy?¹ & ¹⁴

There are⁴ lots of things we can⁴ do to stay healthy and to keep illnesses⁵ away. Changing what we eat and how much we exercise can help us to improve our health. Read on for lots of useful facts and tips to help you to be the healthiest¹³ you can be¹⁷.

Food and Drink

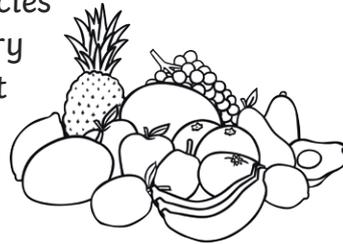
All living things need⁴ food and drink to survive. The type of food we eat and⁸ the types of drinks we have are important.

Food Types

There are six groups of food. These are fruit and vegetables,¹⁰ starchy foods,¹⁰ meat,¹⁰ dairy,¹⁰ fats and sugary foods. Some of these foods are better for us than others.

Fruit and Vegetables and Starchy Food

Fruit, vegetables and starchy foods are very good for us because⁹ they contain⁴ vitamins and minerals. Vitamins and minerals help our bones,¹⁰ skin and muscles to stay strong and healthy. We should try to include these in every meal and to eat them as snacks. You could swap your chocolate snack for a crunchy apple¹¹ or⁸ try a juicy pear¹¹.



Meat and Dairy

Meat and dairy food like cheese and milk are also good for us but⁸ we shouldn't⁶ eat these more than two or three times a day. Meat and dairy foods help us to have strong bones and muscles. A cold glass¹¹ of milk with your breakfast or lunch is⁴ a good choice!²

Sugary and Fatty Foods

Foods like chocolate and cake are yummy but⁸ they are very high in sugar¹² and fat. This kind of food isn't⁶ good for us. These foods should only¹² be eaten as a treat no more than once a day.

Did You Know?¹ & ¹⁴

Sugary treats are bad for your teeth. You shouldn't⁶ eat these too much and you should try to eat them at meal times.

⁸ co-ordinating conjunction

⁹ subordinating conjunction

¹⁰ commas in a list

¹¹ expanded noun phrase for description or detail

¹² common exception words

¹³ suffix 'est' in adjectives

¹⁴ question

¹⁵ exclamation

¹⁶ statement

¹⁷ command

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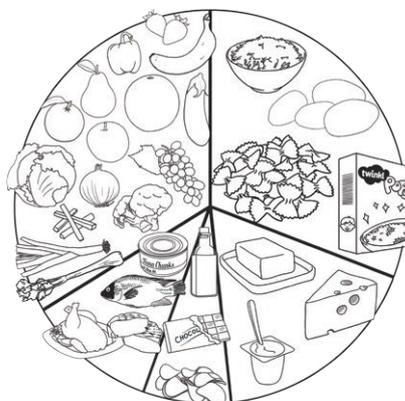
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Healthy Plate

A³ healthy meal should have more fruit,¹⁰ vegetables and starchy food than anything else.³ The diagram below shows how much of each kind¹² of food should be on your plate.

Drinks

The³ best drinks for staying healthy are water and milk.³ Fruit juices can be good for us but⁸ they can have a lot of sugar in them. Fizzy drinks are not good for us at all¹⁶.



This is a healthy plate

Exercise

To stay healthy our bodies also need exercise. Exercise³ helps to keep our muscles strong.³ Children should¹² have at least sixty minutes of exercise a day.

What Kind¹² of Exercise?¹⁴

Lots³ of the fun things you already do are⁴ good exercise.³ Your heart should beat faster and you should¹² be a bit breathless⁵ when⁹ you exercise. Some exercises you could¹² try are:

- riding a scooter
- walking a dog
- playing tag in your school's playground⁷
- playing football
- playing hockey
- bouncing on a trampoline
- dancing



Remember to use the right safety equipment and to exercise carefully⁵.

Staying fit and well doesn't⁶ have to be difficult. You will be well on your way to staying healthy if⁹ you eat the right things and move¹² more.

How wonderful it is to feel healthy!^{2&15}

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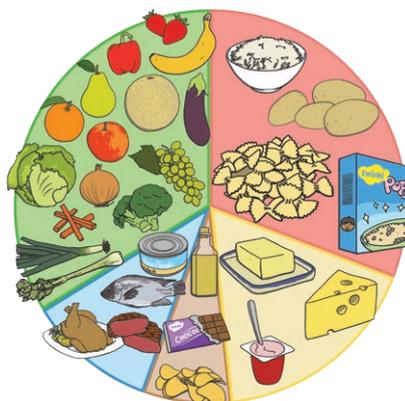
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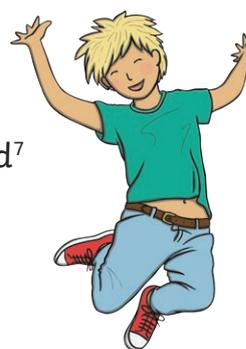
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