

THE E.M. HEALTHY EATING WORDSEARCH!! (CREATED AND DEvised BY THE E.M. JOURNALISTIC TEAM)

EARLHAM METRO

February 2014 edition.

V E G E T A B L E S M
I S H D H S H D K A I
T B P S J O D W F L N
A I F E A T I V A A E
M A G C J R E T A W R
I T E X E R C I S E A
N T H E A L T H Y H L
S I G N E R T Y U I S
F E R T D F G T E I D
C J A J S F R U I T Y

VEGETABLES
SALAD
VITAMINS
FRUIT
EXERCISE
MINERALS
DIET
WATER
HEALTHY

Joke Corner!

What do you call a dear without an eye?

I have no eye dear?

Why did the tomato blush?

Because he saw the salad dressing.



Healthy Eating

“Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel

your best.”

If you want your child to have a healthy diet just follow these simple Earlham steps:

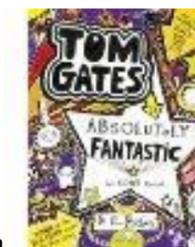
- Eat lots of fresh fruit and vegetables
- Drink plenty of water
- Keep active to maintain a healthy weight.
- Eat less oily foods

Eat:

- Fresh salads
- Fresh fruit and yogurt
- Cheese and biscuits
- Sandwiches with white bread or brown bread

I hope you will follow these simple steps and lead you to a healthy lifestyle.

By: Marcia Da Silva & Iman Shaikh



Book of the Month By Khadijah

Do you tend to forget things? I mean really important things? Not like forgetting a packet of chocolate. I mean forgetting an-ultra-important-fun-with-sweets-and-midnight-feasts-trip? I bet you a million acorns you haven't! Tom has and he isn't a happy bunny. Read this super-duper book and find more about it. Here are some reviews down that people have thought about for this fab book.

**"All the Tom Gates books are 'absolutely fantastic' at inspiring reluctant boys and girls to read!
The children in my class have loved the whole series!"**

By Lily

"I really enjoyed reading this. Shall be getting the other Tom gates books soon"

BY Mr. Hart

"I thought this book was very funny and exciting. I would recommend it to other young girls and boys like me"

BY Hannah

Also luckily we have a review from our club and that is Iman. Let's read her opinion.

"This book is amazing. I could read it in my sleep 1000000 times.

The comedy is beyond the heat!"

I rate it 4 and 3 quarter Earlham's. I certainly agree with Iman 100%.

I hope you enjoy this book of the month I am also going to show you a Tom gates picture

You can colour in.



Is this your teacher?

This month's 'is this your teacher' is Mr Turner. To get a lot of information I interviewed him saying.....
What is your favourite colour and who is your best friend...?

"My favourite colour is red and my best friend was from primary school when I was young and his name was Tom.

Secondly, what are your hobbies...?

"My hobbies are football, playing the guitar and running.

What is your favourite word, I guessed detainee or brain engaged but he replied...

"Horrendous."

What is your favourite book and author...?



"My favourite is Bravo two zero and my favourite author is Roald Dahl."

Do you have a fact that no one knows about you...?

"I'm a quarter German."

Who is your role model...?

"My role model is Obama."

Penultimately, what is the best moment of your life...?

"When my daughter was born."

Lastly, a piece of advice you would like to give everyone...

"Work hard, follow your dreams and never give up."

Thank you for reading and I hoped you enjoyed it. It's bye today!

Article by,

Iman Shaikh



Valentines is here!!!!

Valentine's Day all started when a saint stood up for love and marriage. In the Roman Empire soldiers were not allowed to get married by the law. After hearing this Saint Valentines made an extremely hard decision to help the soldiers marry who they wanted. Soon a person saw him help a soldier get married and because of his disapproval he told the authorities. The jailor's daughter fell ill so Saint Valentine healed her and before his execution he gave her a letter saying '*Your Valentine*'.

Now Valentine's Day is very near we have politely asked you to make a nice Valentine's Day poem including anything related to Valentines like the History of how it started and if you don't want to do that you could write about how you feel on Valentines or you can just write an ordinary Valentines poem. The winner gets a lovely prize!!! Example below:

Valentine brings joy to us

Again we have waited and the moment has finally arrived

Leaving our old life we can start a new one

Even if we have pain we can let them go for a day

Now is the time to enjoy

The day that we met

I wish today was tomorrow

Even if it does not work we can still try

Sacrificing our life we say goodbye!!!!

By: Iman Shaikh with help from Marcia da Silva