



Star didn't just love sweet treats... she adored them! Star would munch on chocolate, toffees, lollies and cakes all day long. Every night, when Star's dad asked what she'd like to eat, Star would give the same reply. "Sweets, Dad!" she'd call, while munching on something sugary in front of the TV.

Star's dad knew that sweets were unhealthy. He had spotted that Star's teeth had started to change colour and he had noticed that Star's skin had started to get spotty. The more Star munched on the tasty treats she loved, the more her tummy groaned and grumbled and the more unwell she felt.

Dad knew that something needed to change.



Q1: Which of these would Star **not** eat? Tick **one**.

- toffees
- cake
- grapes
- lollies

Q2: Write **one** word to complete this sentence.

Star's dad knew that sweets were _____.



Q3: Explain why Dad might feel frustrated at this part of the story.

"Where are we going?" asked Star. Star thought that they were on the way to school but Dad had just driven straight past the gates.

"We're taking a little trip to speak to somebody about the sweet treats you love so much," replied Dad.



“Yippee!” cried Star. Star had always wanted to go to the chocolate factory and her dad must have finally listened. Her mouth started to water as she thought of all of the delicious surprises in store.

However, as the car stopped, Star realised that they were not outside the chocolate factory. They were outside of the doctor’s surgery.

“The person we are going to speak to is Dr Ibrahim,” explained Dad. “All those sweet treats that you’ve been eating have been really unhealthy for your body. We need Dr Ibrahim’s help to make you better.”



Q4: Where did Star think that she was going?

Q5: Find and copy **two** words from the text which mean the same as ‘said’.





Q6: How do you think Star felt at the end of this part of the story? Explain why.



After a long talk with Dr Ibrahim, Star realised that she had been making a lot of unhealthy choices. Dr Ibrahim had explained that Star could still enjoy chocolate, toffees, lollies and cake from time to time but she couldn't have them every day. Dr Ibrahim gave Star and her

dad lots of new and healthy ideas. She even told them about a sweet treat that Star could enjoy every single day... fruit!

Dad dropped Star back at school just in time for lunch.

"Chocolate pudding again, Star?" asked Mr French.

"Not today, thank you," replied Star. To everyone's surprise, Star walked straight past the pudding and grabbed a healthy fruit salad.

"Mmmm. This really IS a sweet treat," thought Star and she proudly bit into the delicious, juicy berries.



Q7: Why do you think that everyone was surprised when Star grabbed a fruit salad?

Q8: Do you think that Star will keep up her healthy change? Explain your answer.



Q9: Number the facts below to show the order that they appear in the story.

The first one has been done for you.

1

Dad drove past the school gates.

Star would munch on something sugary in front of the TV.

Star's teeth had started to change colour.

Star walked straight past the chocolate pudding.

Dr Ibrahim and Star had a long talk.



Keeping Healthy: Developing Reading Skills

Star's Sweet Swap – Answer Sheet

1. Which of these would Star **not** eat? Tick **one**.

- toffees
- cake
- grapes**
- lollies

2. Write one word to complete this sentence.

Star's dad knew that sweets were **unhealthy**.

3. Explain why Dad might feel frustrated at this part of the story.

Accept any reasonable explanation as to why Dad may be frustrated at the beginning of the story, such as:

- **Dad might feel frustrated because Star keeps wanting to eat the same thing over and over and he wants her to change.**
- **Dad might feel frustrated because Star won't eat healthy food and he knows that she is getting poorly.**

4. Where did Star think that she was going?

Accept either of the following answers only:

- **to school**
- **to the chocolate factory**

5. Find and copy **two** words from the text which mean the same as 'said'.

Accept any two of the following answers only:

- **asked**
- **replied**
- **cried**
- **explained**

6. How do you think Star felt at the end of this part of the story?
Explain why.

Accept any reasonable inference regarding how Star felt providing that a corresponding explanation is given, such as:

- Star feels shocked because she did not expect to be going to the doctor's surgery.
- Star feels worried about what the doctor might say because she knows she hasn't been healthy.
- Star feels cross with Dad because he did not tell her where they were going.
- Star feels disappointed because she had got her hopes up about going to the chocolate factory.

7. Why do you think that everyone was surprised when Star grabbed a fruit salad?

Accept answers which infer that everyone was surprised because it was so unusual for Star to choose fruit over a chocolate pudding, e.g.

- Everyone was surprised because no one had seen Star choose a fruit salad before.
- Everyone was surprised because Star had never been known to turn down a chocolate pudding.

8. Do you think that Star will keep up her healthy change? Explain your answer.

Accept either yes or no providing that an explanation is given in support of the answer, such as:

- Yes, because I think Dr Ibrahim has helped her to realise that she will be poorly if she keeps eating sweets.
- No, because Star loves sweets so much that she might miss them and go back to eating them.

9. Number the facts below to show the order that they appear in the story.

3	Dad drove past the school gates.
1	Star would munch on something sugary in front of the TV.
2	Star's teeth had started to change colour.
5	Star walked straight past the chocolate pudding.
4	Dr Ibrahim and Star had a long talk.