

 SCHOLASTIC

Non-fiction

# Phonics

# Good Food



Focus:  
Adjacent  
consonants  
and long  
vowel sounds

  
Book Bag  
Readers

**SCHOLASTIC**

# Phonics

Get started with reading

## Good Food

written by Suzy Ditchburn

Think about the food you  
eat. Good food will help  
you to stay fit and strong.



Focus:  
**Adjacent  
consonants  
and short  
vowel sounds**

Decodable with  
tricky words

Book Band Yellow

Scholastic Phonics Set 7

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Other titles in Set 7: Practise: adjacent  
consonants and short vowel sounds



Move to Set 8: Practise: adjacent consonants and  
long vowel sounds



# Help your child to read!

This book practises words with more than one consonant next to each other, plus short vowel sounds (like 'fresh' or milk'). Read these words with your child:

**lunch**

**snack**

**help**

**strong**

Your child may need help to read these common tricky words:

**have**

**some**

**when**

**you**

**the**

**put**

**to**

**be**

Before reading

- Look at the cover picture and read the title together. Read the back cover blurb to your child.
- Ask your child: *What's your favourite food for lunch? Why is it important to have good food for lunch and dinner?*
- Talk about the image in the magnifying glass.

During reading

- If your child gets stuck on a word, remind them to sound it out and then blend the sounds to read the word: s-t-r-o-ng, strong.
- If they are still stuck, show them how to read the word.
- Enjoy looking at the pictures together. Pause to talk about the information.

After reading

- Talk about the images on page 16. What can your child tell you about them?
- Ask your child: *Why is it important to eat good food? How does it help you?*





It will help you think in lessons!

## Snacks



oat bars



plums



carrot sticks





The right food will help  
you get fit and strong.



## Dinner

It is important to have good food for dinner.

