

## A Postcard from Mo Farrah

Hello Dad,

I'm writing to you from my running camp in Africa. We have been training hard and working up a real sweat. It is important that we work hard to keep fit so that we can be the best in the race; that includes making sure that we are eating healthy foods to keep our bodies strong. For breakfast today, I had a bowl of porridge with a banana on top. For lunch, I ate a jacket potato with beans and a salad. For my evening meal tonight, I'm going to be having chicken with pasta and vegetables. I love eating healthy food because it keeps me fit and lets me run for longer.



**Key Vocabulary : sweat, keep fit, healthy, strong, eating**