

A Healthy Body



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PM
writing

Information Report
& Description



A Healthy Body

Levels 20/21 Purple/Gold

Key Learning Area Health and Physical Well-being

Theme Staying Healthy

Title **Be Healthy**

Text Type *Information Report*

Pages **2–9**

Text Form **Reference**

Genre **Non-fiction**

Purpose **To present information that classifies living and non-living things**

Text Structure

General Statement: Identifies and classifies the subject (*Page 2*)

Description: Provides information about the subject's physical appearance and other characteristics (*Pages 3–7*)

Evaluation: Provides a summary statement about the subject (*Page 8*)

Language Features

- Nouns (*e.g. people, food, exercise*)
- Pronouns (*e.g. they*)
- Adjectives (*e.g. soft*)
- Present tense verbs (*e.g. keep, drink, watch*)
- Adverbial phrases (*e.g. from the weather*)

Title **Your Brain and Heart**

Text Type *Description*

Pages **10–16**

Text Form **Observation**

Genre **Non-fiction**

Purpose **To describe the characteristics of people, places and things**

Text Structure

Introduction: Informs the reader about the subject being described (*Page 10*)

Characteristics: Describes details about the subject (*Pages 11–15*)

Evaluation: Provides a personal comment about the subject (*Page 16*)

Language Features

- Nouns (*e.g. brain, heart, messages*)
- Pronouns (*e.g. it, you*)
- Adjectives (*e.g. huge, fleshy, important*)
- Present tense verbs (*e.g. keeps, works, beats*)
- Adverbial phrases (*e.g. around your body*)

Be Healthy

Everyone wants to be healthy.

People who are healthy feel good and look good.



Food

Healthy people eat good food every day and rarely eat junk food.



Water

Healthy people drink lots of water every day.
They do not drink soft drinks very often.



Exercise

Healthy people do lots of exercise every week.
They do not watch television for hours every day.



Sleep

Healthy people get lots of sleep
and do not stay up late very often.



Keep Clean

Healthy people keep their bodies clean.

They clean their skin, their hair and their teeth.

Healthy people do not go to bed without brushing their teeth.

