

Museum Fun

Have you visited a museum recently? There are all kinds of amazing museums around the world. Here are two very special ones!

Cup Noodles Museum, Japan



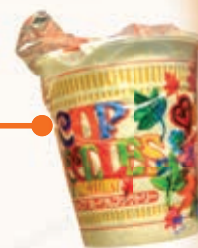
Do you sometimes eat instant noodles when you get home from school? At this museum, you can learn all about them. It is interesting AND delicious!

There are two Cup Noodles Museums in Japan. One is in Osaka, the birthplace of instant noodles.

At the Cup Noodles Museum, you can learn about the inventor of instant noodles. You can also make your own Cup Noodles!

How to make your own Cup Noodles

- 1 Buy a cup.
- 2 Draw a design on the cup.
- 3 Add noodles.
- 4 Choose one of four soup flavours (original, curry, seafood or chilli tomato).
- 5 Add four toppings.
- 6 Seal the cup.
- 7 Enjoy at home!





Underwater Museum of Art, Mexico

This museum doesn't have an address. Why not? It is **underwater**!

The Underwater Museum of Art (MUSA) has over 500 sculptures. You can explore the museum with a snorkel or in a glass-bottom boat. But, for the full experience, you can ...



... dive ...
... deep ...
... down (8 metres) ...
... to the bottom of the sea!

Coral can grow on the sculptures.
This is good for the environment.

The sculptures are homes
for sea creatures too.
Lobsters live in this one.



If you could open a new museum,
what kind of museum would it be?
Why do you want such a museum?

Are these sentences correct or not? Circle ✓ or X.

- | | | |
|---|---|-------|
| 1 | There are two Cup Noodles museums in Japan. | ✓ / X |
| 2 | The first instant noodles came from Osaka. | ✓ / X |
| 3 | MUSA is only for people who can swim. | ✓ / X |
| 4 | You can see paintings at MUSA. | ✓ / X |
| 5 | Sea creatures live in MUSA. | ✓ / X |

Eat the rainbow!

How can we 'eat the rainbow'?
What does that even mean?

Fruit and vegetables come in a lot of different colours. The more colours we eat, the more nutrients we get! More colours mean a longer, healthier life.

All fruit and vegetables help protect us from diseases like cancer. They are great for the heart too. But some colours have special benefits. Let's see what they are.



Red



Red fruit and vegetables help your body kill germs! They keep your skin healthy too.

Orange



Orange and **yellow** fruit and vegetables contain vitamin A. This is good for your eyes.

Green



Are you feeling tired? **Green** fruit and vegetables give you iron for energy. They keep your bones strong too.



Purple & blue

Do you want some help remembering things? Go for **purple** and **blue**!



White & brown

White and **brown** fruit and vegetables contain protein. This helps us grow and build muscle.

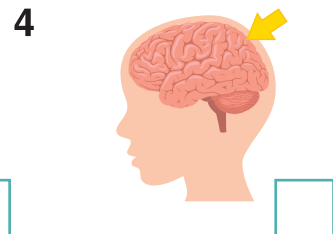
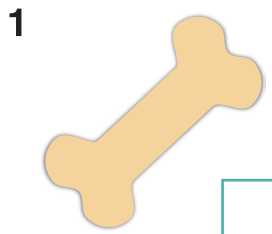
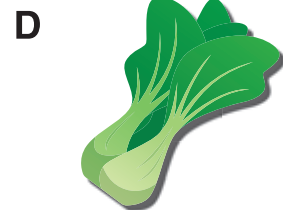
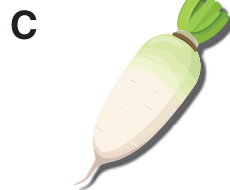
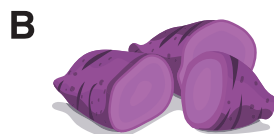


Eat five cups of colourful fruit and vegetables each day, and you will be on your way to feeling great!

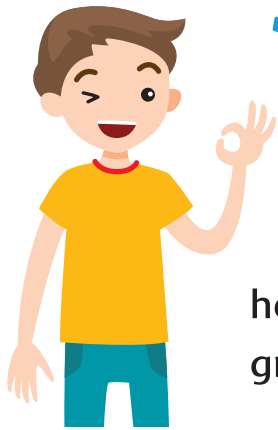


Some people think vegetarian diet is best for our bodies. Do you agree? Why or why not?

What are these vegetables good for? Write A–D in the boxes.



Smart App Sam



Sam uses smartphone apps to live a healthy, organised and happy life. He feels great! Let's spend a day with him.

6:30 a.m.

Sam won't be late for school. He uses an **alarm app**. Beep! Beep! To turn the alarm off, Sam has to complete a memory game. It really wakes him up.



7:00 a.m.

Now Sam opens his **exercise app**. His cartoon coach tells him to do star jumps, sit-ups and more. It only takes seven minutes and he is done!



7:30 a.m.

Sam is ready for school.



8:00 a.m.–3:00 p.m.

Sam is at school. He doesn't use his smartphone at school!



3:40 p.m.

Sam is walking home. He wears a **tracker** on his wrist. It connects to an app on his phone.



4:00 p.m.

Ding! **To-do list** has a message for Sam. Phew! Sam nearly forgot. It is Mum's birthday tomorrow.



7:00 p.m.

A **focus app** helps Sam with his homework. He taps a button to plant a seed. While he does his homework, the seed grows into a flower. If Sam picks up his phone to play with it, the flower dies.



10:30 p.m.

It is bedtime. Sam chooses sounds from a **sleep app**. Tonight, he is going to listen to the sound of a campfire. He feels warm and calm. Good night, Sam!



Put these events from Sam's day in the correct order. Write 1–5.

- Sam uses an app to:
- do exercise
 - go to sleep
 - check his steps
 - remember something
 - get out of bed



What do you think about these apps? Which do you think is the most useful? Why?