

# PHYSICAL EDUCATION

## Health



Read carefully the following sentences and write in the gap at the end of each one, true or false.

Remember! If you don't write exactly the words **true** or **false**, the answer will be incorrect.

Good luck!

1. Health is a state of complete physical, mental and social well-being and it is nothing to do with absence of disease.
2. Some injury prevention tips are: warm up your muscles, achieve a good technique and wear protective equipment.
3. It is good to play through the pain as it is not going to worsen the damage or keep you out of action for longer.
4. It is advisable to stay well hydrated and take proteins, carbs and vitamins.
5. Children and young people should do at least 20 minutes of physical activity every day.
6. Food as fuel: your body is your vehicle so you have to keep your engine running when you work out.
7. Postural hygiene means to stay disinfected in different positions.
8. Before working out saturated fats and even a lot of healthy protein are good for your performance as these types of fuels digest quickly in your stomach and doesn't take away oxygen and energy.
9. One benefit of physical activity is that improves mood.
10. Physical activity cannot combat health conditions and diseases.