RESEARCH ASSIGNMENT #1 Health for Kids!

WWW.HEALTHFORKIDS.CO.UK

We invite you to surf this super interesting website and look for the following information:

As you can see, this website is divided into 5 different sections. We will work with the information given in the "health" section.

SURF THE SITE, READ AND ANSWER:

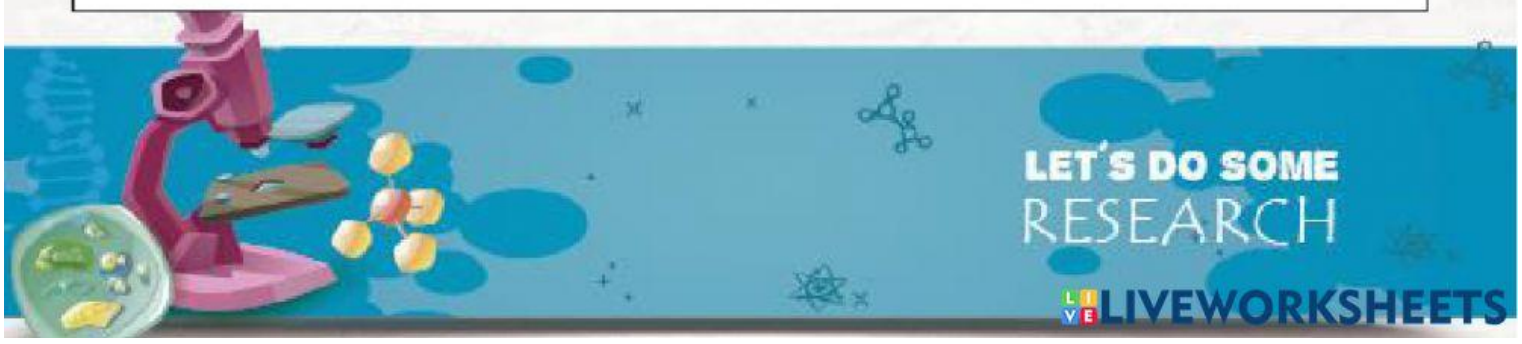
MOVING ABOUT

WHAT CAN WE DO TO LIVE LONGER, HAPPIER AND HEALTHIER?

WHY IS IT GOOD TO MIX UP THE TYPE OF ACTIVITIES WE DO?

BE SMART IN THE SUN

WHAT HAPPENS IF YOU SPEND TOO MUCH TIME IN THE SUN WITHOUT SUNSCREEN ON?



LIVEWORKSHEETS

EATING HEALTHY

"IT´S ALL ABOUT BALANCE, BALANCE, BALANCE" READ AND EXPLAIN THIS QUOTATION.

SLEEP

WHAT ARE THE CONSEQUENCES OF NOT GETTING ENOUGH SLEEP?

RELAX AND DRIFT OFF: WHAT MAKES YOU BEING SLEEPY?

LIVEWORKSHEETS