

Science Worksheet. Week 14

How Exercise can keep you healthy

1) Tick the healthy food



2) Read the statement. Circle T for True and F for false

- a) Watching TV is a type of exercise



- b) Exercise is good for your bones and muscles



- c) Exercise is bad for your heart



- d) Your heart beats faster when you exercise

3) Tick the consequences of the sedentary lifestyle



4) Write under every picture the correct exercise

