

UNIT 3 TAKE CARE OF YOURSELF



I. Look at the poster and complete it with the correct information.
(Observa el poster y coloca la información en donde corresponde)



Drink
water

Have a
bath

Brush your
teeth

Do
exercise

Wash your
hands

Don't eat
fast food

Sleep at least
8 hours

II. Look at the posters. Which ones are about healthy habits? (Observa los posters y selecciona aquellos que tratan acerca de hábitos saludables.)



Eat Healthy
Take advantage of summer's fruit and veggie bounty.

Drink Water
Water is a natural, healthy and sugar-free way to stay hydrated.

Move More
Kids need at least 60 minutes of physical activity per day and adults need at least 30 minutes to stay healthy.

Be Food Safe
Regularly wash hands with soap and water; separate cooking surfaces to keep raw seafood, meat and poultry away from fresh produce.

Protect from the Sun
Whether you're going for a short walk or spending a day at the beach, be smart and lather up with SPF 30 or higher.

HEALTHIER GENERATION

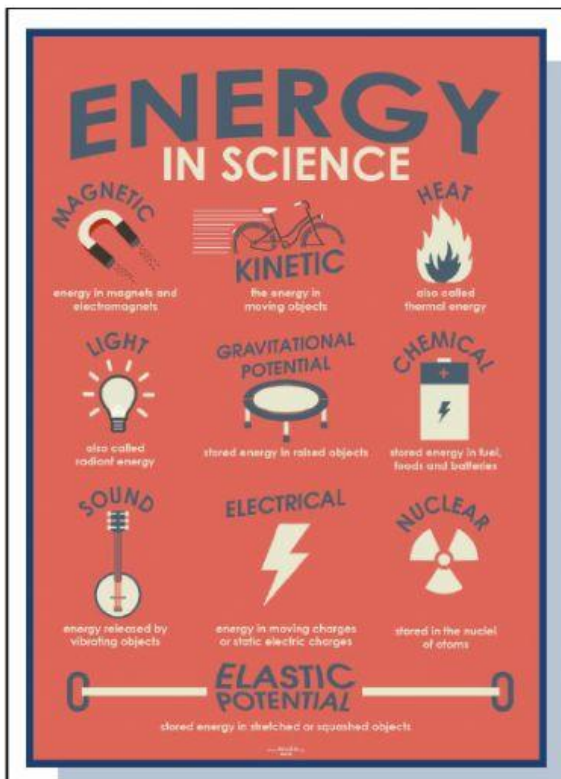


CAUSES
GREENHOUSE EFFECT

GLOBAL WARMING
11-16°F (0.6-0.9°C)

EFFECTS

SOLUTIONS



ENERGY IN SCIENCE

MAGNETIC
energy in magnets and electromagnets

KINETIC
the energy in moving objects

HEAT
also called thermal energy

LIGHT
also called radiant energy

GRAVITATIONAL POTENTIAL
stored energy in raised objects

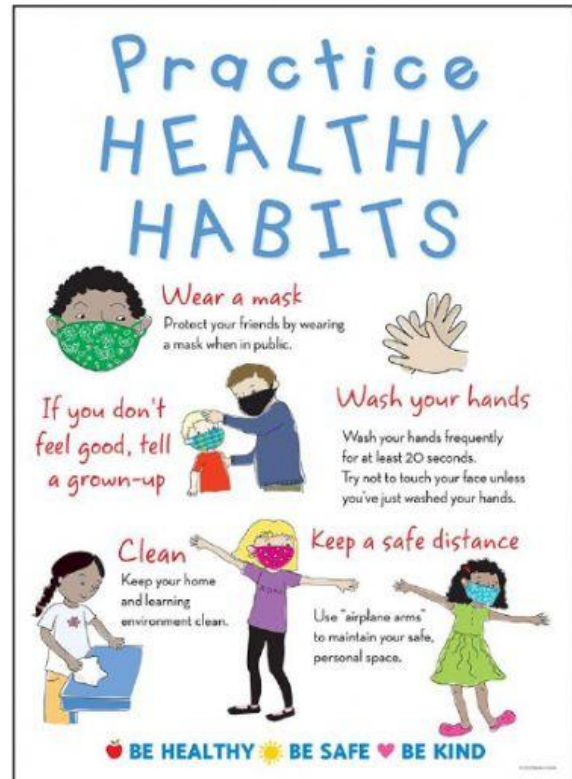
CHEMICAL
stored energy in fuel, foods and batteries

SOUND
energy released by vibrating objects

ELECTRICAL
energy in moving charges or static electric charges

NUCLEAR
stored in the nuclei of atoms

ELASTIC POTENTIAL
stored energy in stretched or squashed objects



Practice HEALTHY HABITS

Wear a mask
Protect your friends by wearing a mask when in public.

Wash your hands
Wash your hands frequently for at least 20 seconds. Try not to touch your face unless you've just washed your hands.

Keep a safe distance
Use "airplane arms" to maintain your safe, personal space.

Clean
Keep your home and learning environment clean.

BE HEALTHY BE SAFE BE KIND