

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)

Healthy Daily Habits for KIDS



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.)

An infographic titled "Summer Health" featuring five main sections: "Eat Healthy" (with a bowl of fruit and vegetables), "Drink Water" (with a water bottle), "Move More" (with a running shoe), "Be Food Safe" (with a hand sanitizer bottle), and "Protect from the Sun" (with a sun and a bottle of sunscreen). Each section includes a call to action and a small icon.

CAUSES

GREENHOUSE EFFECT

GLOBAL WARMING

1.1-1.6°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.

If you don't feel good, tell a grown-up

Clean
Keep your home and learning environment clean.

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.

BE HEALTHY BE SAFE BE KIND