

Science Unit 2 Review: Looking After Yourself

A trip to the hospital

Instructions: Place the words in the box into the proper spot: Prevention, Diagnosis, or Treatment. Use page 23 in your book to help.

Regular Check-Ups	Ultrasound Machine	Antibiotics
Exercise	Thermometer	Blood Tests
Blood Transfusions	Organ Transplants	Healthy Eating

<u>Prevention</u>	<u>Diagnosis</u>	<u>Treatment</u>
Vaccinations	X-Rays	Microsurgery

Healthy Habits

Instructions: Review pages 24 and 25 in the science book. Then complete the activities using the information from the book.

Rule 1: Eat healthy. A healthy diet is a balanced diet. Different nutrients help our body systems. What do each of these nutrients do? Choose the correct answer.

Iron: _____

Potassium: _____

Vitamin C: _____

Proteins: _____

Carbohydrates: _____

Water: _____

Rule 2: Exercise. It is very important to do exercise regularly.

Exercise makes our body _____ and it helps our _____ and _____ systems.

Rule 3: Sleep. It is very important that we get enough sleep.

Sleep allows our body to _____ and _____. Sleep also helps the _____ develop so that _____ and _____ function (work) properly the next day.

Rule 4: Keep Clean. We should wash our hands before we eat and after going to the toilet to remove any germs.

We wash our body to remove _____, _____, and _____. We also need to remove _____ and _____ from our teeth by brushing them at least twice a day.

Rule 5: Have medical check-ups. Medical check-ups monitor our health and check that our body systems are working properly.

Your doctor will also make sure you have the _____ you need to protect you from certain diseases. It is a good idea to have regular check-ups with your _____ and _____ too.

Unhealthy Habits

Instructions: Review pages 26 and 27. Then complete the activities using the information from the book.

Match the vocabulary with the unhealthy habit

Weight Gain	Contagious	Pollen	Smoking	Headaches
Little Exercise	Sleep Loss	Animal Hair	Germs	Alcohol
Weight Problems	Dust	Pathogens	Certain Foods	Heart Disease
Backache	White Blood Cells	Eye Strain	Fast Food	Drugs

<u>Infectious Diseases</u>	<u>Bad Eating Habits</u>	<u>Game Over</u>	<u>Allergies</u>	<u>Say no!</u>
(4)	(4)	(5)	(4)	(3)