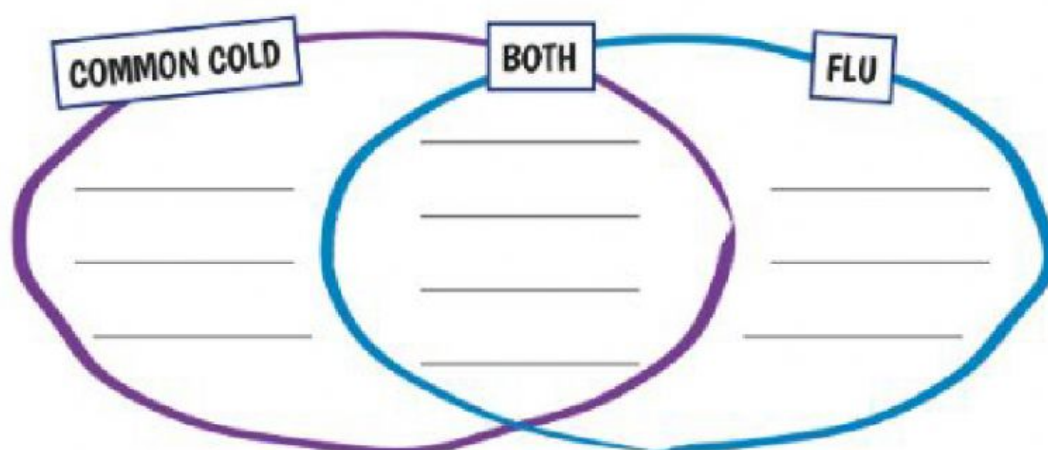


HOW ARE YOU FEELING? ILLNESSES AND HEALTH

1. DRAG TO COMPLETE THE VENN DIAGRAM

Sore throat Low fever Symptoms start slowly runny nose high fever sneezing
strong body aches coughing mild body aches Symptoms start quickly



2. DRAG THE WORDS TO THE RIGHT PLACE

chicken Pox common cold influenza respiratory system stronger

- a The common cold affects the upper _____.
- b There is no vaccine for the _____.
- c The flu is a shorter name for _____.
- d The flu is a _____ illness than the common cold.
- e The main symptom of _____ is a rash.



3. MATCH TO MAKE CORRECT SENTENCES

- a People who suffer from asthma ☐ call emergency services and try to get the help of an adult.
- b First aid is help we give to someone ☐ we need to take medicine to get better.
- c Sometimes, when we are ill ☐ use an inhaler.
- d If you think an injury is serious, ☐ when they are not near a doctor or hospital.

4. Match the foods to the nutrients they are rich in



a Apples, oranges and pears



b Beef, chicken and fish



c Milk, yoghurt and cheese



d Olive oil, nuts and avocados



e Bread, pasta and rice



Protein and iron

Carbohydrates

Fats

Vitamins and minerals

Calcium

5. Complete with should or shouldn't

- a** You _____ spend lots of time in front of screens.
- b** You _____ brush your teeth after every meal.
- c** You _____ eat junk food every day.
- d** You _____ have showers frequently.
- e** You _____ use a tissue when you blow your nose.
- f** You _____ stay up past your bed time.

