

DO ALL YOUR BEST. I TRUST ON YOU



1. CHOOSE THE CORRECT OPTION:

- The nervous system can be damaged due to.....
- Alzheimer's disease.....
- The term alcoholism.....
- A sprain is an injury that involves damage to
- A muscle strain is usually caused by.....
- In order to keep our nervous and locomotor systems healthy, we need to
- To prevent sports injuries,.....
- It is important to keep Good posture to.....
- Bone growth requires.....
- Children should sleep.....

2. READ AND WRITE TRUE OR FALSE

- Healthy habits are important for our nervous and locomotor system.
- Physical activity always refers to sports.
- Good posture is only important when you sit.
- Bone growth requires mainly vitamin C
- When we sleep, our locomotor system rests and our brain sorts and stores information.

3. COMPLETE THE TEXT.

PHYSICAL ACTIVITY-ALCOHOL-CALCIUM-STRAINS-PARALYSIS-LEISURE
ALZHEIMER'S-RISKS-PARKINSON'S-ALCOHOLISM- POSTURE-SPINAL CORD

Our nervous system can be damaged due to accidents, diseases and

The most common injuries from accidents involve the brain and These injuries may affect brain activity or result in

The most common diseases of the nervous system are which involves a loss of memory, and which involves lack of muscle control.

Alcohol abuse involves serious health

..... is a chronic illness which causes serious damage to the nervous system.

Our locomotor system can be damaged due to fractures, sprains and muscle

In order to look after our locomotor system, we need to do, have a Good and eat a healthy diet, including foods with And vitamin D. A healthy nervous system requires sufficient sleep and Time.

4. ORDER THE SENTENCES:

is when /A bone fracture/breaks/a bone:

.....

damage to ligaments/A sprain/involves:

.....

5. MATCH THE PICTURES



Pick things up with your knees bent and your back straight

Carry your schoolbag over both shoulders

Sit up straight and rest your back against the chair