

HEALTH AND ILLNESS: DEFINITIONS

1.- **HEALTHY HABITS:** Choose a definition for each of the following sentences:

VIRUS FIRST AID PHYSICAL ACTIVITY SLEEP ENOUGH EAT HEALTHY
KEEP CLEAN PREVENTION PYRAMID FOOD

- Wearing your face mask:
- A diagram that shows what a balanced diet is:
- Emergency treatment of an injured person:
- Washing your body to remove dirt, bacteria and sweat:
- An organism that causes disease:
- Keeping a balanced diet:
- It keeps our muscles in good condition:
- It helps your body rest:

2.- **FIRST AID KIT MATCHING:** Match each word with its function. Click on the name to check pronunciation.

SCISSORS ☐

THERMOMETER ☐

BANDAGES ☐

GAUZE PADS ☐

ALCOHOL ☐

TWEEZERS ☐

☐ To measure body temperature

☐ To cover wounds after disinfection

☐ To cut bandages, gauze pads, etc

☐ To take out thorns from the skin

☐ To sterilize instruments

☐ To immobilize a twisted joint

3.- **FIRST AID KIT PICTURES:** Write the names of these items:



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