

Latihan Soal

Science Keep Healthy

A. Read and answer the questions based on the instructions given.

1. Read the statements below and drag the correct answer. Use the words in the box.

Vegetables	Meat, fish, pulses	Sugar	Carbohydrate
	Fruit	Dairy food	Fat

- a. Give you energy to do your activities every day
- b. To help you build strong muscles because it contains protein
- c. Help to grow strong bones and healthy teeth because it contains calcium
- d. Fight off infections and help you heal when you get hurt
- e. Help to absorb some vitamins
- f. Help to keep you healthy and feeling good
- g. give us energy, just like carbohydrate

2. Some of the foods we eat can damage OUR HEALTH.

a. Here is a list of foods.

Apple	cookies	fried potato	Banana	boiled egg	cake
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Decide if each food is healthy or can damage our health.

Put the foods in the correct column in the table.

One has been done for you.

Healthy Food	Unhealthy Food
Apple	

b. Cookies can also damage our health.

Choose two things in cookies which can damage our health.

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c. Banana contains things the body needs to keep healthy.

Choose the correct contains in banana which healthy for our body.

3. Read the statements and choose the correct answers (**you can choose more than one correct answer**)

a. When you are healthy: (choose 3 correct answers)

Your body works well

feels lazy, tired and dizzy

Have a bad digestion

Feels good

Can do all the things you want to do

b. People can be considered healthy when they: (choose 3 correct answers)

Eat well

gets a lot of physical activity (exercise)

Eat one type of food

Have healthy weight

Become vegetarian

c. Things we need to know about eating well:

(choose 3 correct answers)

Drink milk and water

Become vegetarian

Eat various of food

Do exercise after eat

Listen to your body

4. Ahmad and Aisyah measure their pulse rate.



Ahmad has a pulse rate of 85 beats every minute.

Aisyah has a pulse rate of 80 beats every minute.

They want to find out how exercise changes their pulse rate.

a. Predict Ahmad's Pulse rate after exercise. Click the correct answer.

50

70

80

85

90

b. Ahmad does some exercise.

Aisyah does some exercise.

They want to compare their pulse rates.

What two things must they do to make this a fair test?choose the correct answer..

2.