

LIFE AND HEALTHY



1. Match each STAGE OF LIFE with its characteristic and put them into the CORRECT ORDER.

ADULTHOOD

They learn to READ and WRITE

OLD AGE

Our bodies change more SLOWLY during this stage

CHILDHOOD

They learn to do the most basic things: TALK and WALK

INFANCY

They have a great of WISDOM and have WHITE HAIR.

ADOLESCENCE

The BODY CHANGE and it starts to grow body hair.

1.

2.

3.

4.

5.

2. Match and write below the pictures the nutrients that the food is high.

FAT and CARBOHYDRATES

PROTEINS

VITAMINS and MINERALS

Give our body the nutrients required for GROWTH and REPAIR

Provide ENERGY

Prevent illness

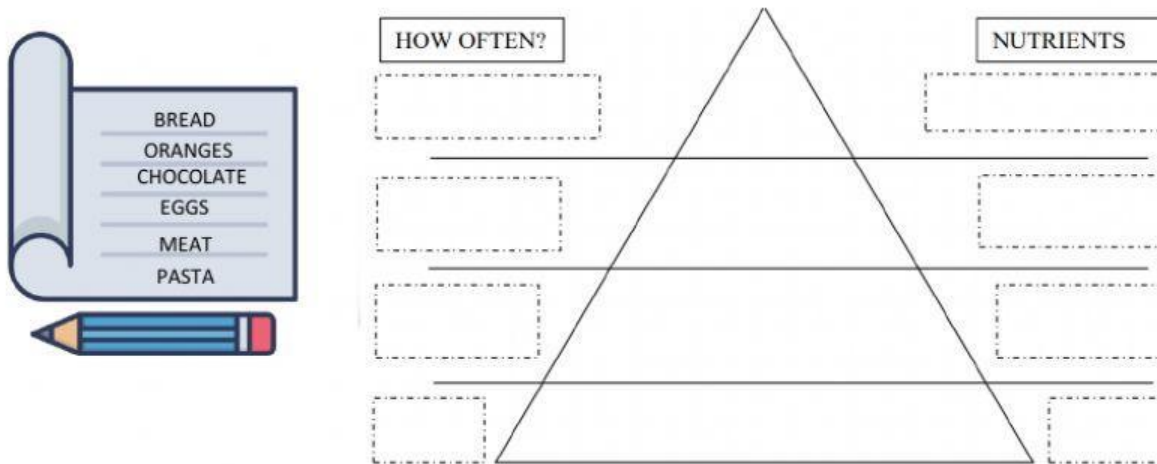




3. What's the MAIN NUTRIENTS of the food labelled in this paella?



4. Look at the list. At what level of the FOOD PYRAMID are they? Complete the pyramid.



5. a) Write the corresponding HEALTHY HABIT

- STOP us getting GERMS. _____
- HELPS TO GROW _____
- ALLOWS our body TO RECOVER _____
- PREVENTS us from getting ACHES and PAINS _____
- KEEPS our body FIT and STRONG _____

HEALTHY DIET
EXERCISE
HYGIENE
REST
POSTURE

b) Now write the corresponding ILLNESS

- Itchy RED SPOTS all over the body _____
- SORE THROAT and BLOCKED NOSE _____
- We get FEVER and ACHE MUSCLES _____

CHICKEN POX
COLD
FLU