

Activity 3: Choose the correct answer. 2 pts ()

1) What do you need to make your bones strong?

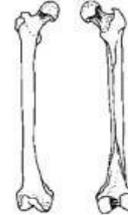
- a) protein and sugar b) carbohydrates c) calcium and vitamin D

2) The protects the heart and lungs

a) ribs cage

b) skull

c) femur

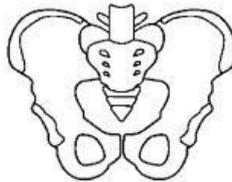


3) The protects the spinal cord.

a) ribs cage

b) hip bone

c) spine



4) Some ways of taking care of my body are:

- a) brushing my teeth and exercising
b) eating with dirty hands
c) sleeping 5 hours and eating fast food.

Activity 4: Think about it. 1.5 points ()

We read the book "I love my body". What can you do to demonstrate love to your body?

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