

Healthy Lifestyle Worksheet for Grade 10

Topic: Benefits of a Healthy Lifestyle

Name:

Surname:



Part 1: Pre-class study

Before completing this worksheet, please study the following resources to gain a foundational understanding of the topic:

1. Article: [Benefits of a healthy lifestyle](#)
2. Video: [Eating Healthy](#)

Part 2: Worksheet Tasks

Dive into the following tasks to put your learning about healthy habits into practice! You'll be best prepared to engage deeply if you've already completed the foundational study in Part 1.

Task 1: Open-Ended Questions



1. What are the key components of a healthy lifestyle? Explain why each component is important.

2. How can maintaining a healthy lifestyle positively impact your mental health? Provide examples.

Task 2: Short Answer Questions

1. List three benefits of regular physical exercise.
2. What are two ways to ensure proper hygiene in daily life?

Task 3: Fill in the Blanks

Complete the following sentences by dragging the correct words into the blanks:

- A balanced diet includes a variety of _____ .
- Regular exercise helps to improve _____ .
- Drinking enough water is essential for maintaining proper _____.

Task 4: Matching

Match the following habits with their benefits:

Habits	Benefits
Eating a balanced diet	Boosts immune system and energy levels
Exercising regularly	Improves heart health and reduces stress
Getting enough sleep	Enhances focus and mood

Task 5: Choose the Correct Word

Select the correct word to complete the sentence:

- To maintain a healthy lifestyle, it is important to _____ (avoid / consume) processed foods and sugary drinks.
- _____ (Hydration / Dehydration) is crucial for maintaining energy levels and overall health.

Task: 6 Match

Connect each healthy lifestyle concept to one image that best represent it.

1. This involves consuming a variety of foods from different food groups to provide the body with essential nutrients, along with adequate water intake for optimal function.
2. This pillar encompasses any bodily movement that enhances or maintains physical fitness and overall health. It strengthens the cardiovascular and muscular systems.
3. This refers to practices that manage stress, promote relaxation, and maintain a positive state of mind, which is crucial for overall health.
4. This is the process of allowing the body and mind to repair and rejuvenate, primarily through sufficient, quality sleep and rest days.



Task 7: Multiple Choice Questions

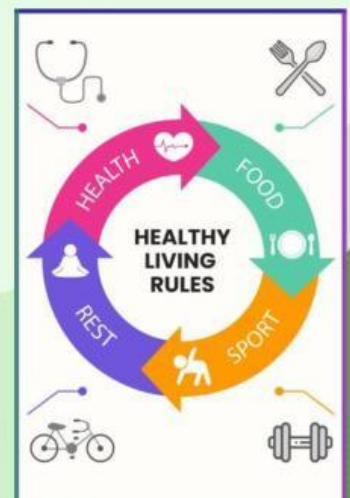
Choose the correct answer(s):

- Which of the following are examples of healthy eating habits? (Select all that apply)

- A. Eating five servings of fruits and vegetables daily
- B. Consuming fast food regularly
- C. Drinking at least 8 glasses of water a day
- D. Skipping breakfast to save time

- What is the recommended amount of sleep for teenagers?

- A. 5-6 hours
- B. 7-8 hours
- C. 9-10 hours
- D. 12 hours



Task 8: Reflection

Reflect on your current lifestyle. What changes can you make to adopt healthier habits? Write a short paragraph (5-6 sentences).