

Activity #3. Identify the need being described and write the correct answer in the box provided the basic needs of the girl.

Clothes		Exercise
Food	shelter	sleep
rest	water	

1. It give us energy and nutrients that our body needs.

2. It keeps your body hydrated and take atleast 8-10 glasses of it everyday.

3. It protects you from rain, wind and sun. It also helps to improve your

4. It makes you feel better , more alert and more energetic.

5. A place that provide your protection from danger.

6. It makes you feel better and stronger.

7. It gives your body time to recover your strength.