



Nombre y apellidos: .....

Fecha: .....

SdA: .....

Curso: .....



## 1. Choose the correct answer.

- a. How often should you have a shower?
- b. When should you brush your teeth?
- c. You should sleep...
- d. How many glasses of water should you drink a day?
- e. How often should you exercise?

## 2. Match.

- |                          |                       |
|--------------------------|-----------------------|
| a. Carbohydrates         | _____ energy          |
| b. Proteins              | _____ repair the body |
| c. Fats                  | _____ vitamins        |
| d. Fruits and vegetables | _____ calcium         |
| e. Dairy                 | _____ energy reserve  |

## 3. Complete the sentences.

- a. A balanced diet provides the right amount of \_\_\_\_\_.
- b. \_\_\_\_\_ include proteins, carbohydrates and fats.
- c. \_\_\_\_\_ are vitamins and minerals.
- d. A \_\_\_\_\_ diet includes plant-based food and some animal products like eggs or milk.
- e. A \_\_\_\_\_ diet excludes all food from animal origin.

## 4. Correct the mistakes.

- a. Sneeze into a book. \_\_\_\_\_
- b. Wash your face after sneezing. \_\_\_\_\_
- c. Stay at home if you have a cold drink. \_\_\_\_\_
- d. Have regular parties with your doctor. \_\_\_\_\_
- e. Vaccines protect us from weather. \_\_\_\_\_

## 5. Classify.

*Clean with water - Pinch the nose - Apply ice - Apply pressure - Elevate the leg*

| Cuts and scratches | Nosebleed | Sprained ankle |
|--------------------|-----------|----------------|
| _____              | _____     | _____          |
| _____              | _____     | _____          |

**6. ¿True or false?**

- a. You should share personal information online. \_\_\_\_\_
- b. You should respect age restrictions. \_\_\_\_\_
- c. It is good to limit screen time. \_\_\_\_\_
- d. You should talk to an adult before meeting online friends. \_\_\_\_\_
- e. You should use strong passwords. \_\_\_\_\_

**7. Choose the correct answer**

- a. You may be \_\_\_\_\_, making decisions for yourself.
- b. You are likely to be more \_\_\_\_\_.
- c. You may develop an interest in \_\_\_\_\_ relationships and new relationships with friends.
- d. You may feel frustration and \_\_\_\_\_, when you cannot do things well.
- e. Your feelings can change quickly (\_\_\_\_\_).

**8. Complete.**

- a. In puberty, your \_\_\_\_\_ change, and that may worry you.
- b. You may feel \_\_\_\_\_ or stress.
- c. It is important to talk about your \_\_\_\_\_.
- d. Everyone develops at a different \_\_\_\_\_.
- e. You begin to discover what is important to you and your \_\_\_\_\_.

**9. ¿True or False?**

- a. You should respect other people's opinions. \_\_\_\_\_
- b. You should use rude language when speaking. \_\_\_\_\_
- c. You should treat others differently than in real life. \_\_\_\_\_
- d. It is okay to share photos without permission. \_\_\_\_\_
- e. You should listen carefully when someone speaks. \_\_\_\_\_

**10. Match**

- |                     |                                      |
|---------------------|--------------------------------------|
| a. Respect          | _____ understanding others' feelings |
| b. Cooperation      | _____ working with others            |
| c. Empathy          | _____ listening carefully            |
| d. Communication    | _____ treating others well           |
| e. Active listening | _____ expressing ideas clearly       |