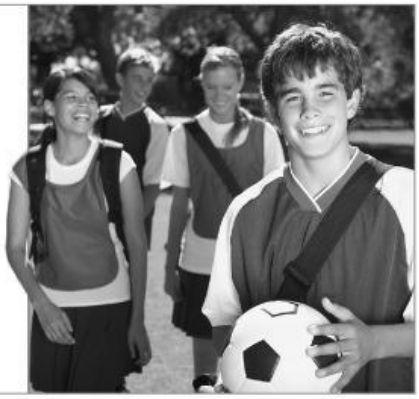
Unit 2

Unit Opener **Extend** Worksheet 2.2.1

1 **Work in pairs.** Read and discuss.

Your health is how your body and your mind feel. To stay healthy, you take care of your body by getting exercise and eating the right kinds of food. You take care of your mind by paying attention to your thoughts and feelings. Scientists, such as doctors, researchers and inventors, look for ways to keep us from getting ill and to help us stay healthy. They also find ways to help us get better if we do get ill. What have we learnt from science about how to keep healthy?



2 **What are some things that scientists do to help people stay healthy?** Tick ✓.

- ☐ make new kinds of medicine
- ☐ invent devices to look for sickness in the body
- ☐ write a book about how to do science
- ☐ study causes of sickness and how sickness can spread
- ☐ look for things in the environment that can be harmful
- ☐ understand how our bodies use food

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3 **Think about ways that science, such as medicine and technology, helps people stay healthy.** Choose examples from the box below or use your own examples. Put them in order of how helpful you think the science is to people (1 = most helpful). Compare your list with a partner's.

X-ray for a broken bone	**medicine for an infection**	**gene tests**
operation to fix eyesight	**blood donation**	**wearable fitness device**

most helpful
1. _____
2. _____
3. _____
4. _____
5. _____

least helpful
6. _____

4 **Think about a time you used medicine or technology to stay healthy.** Write about it. Describe how it affected your body or your feelings. If you were ill, how did it help you get better?

_____

_____

_____

_____

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