

Test Unit 4 Part II

Healthy habits

1. Choose the **happy face** or **sad face** depending they are **healthy** or **unhealthy** habits.

❖ Eat lots of sweets-  I should  I shouldn't

❖ Sleep 5 hours every night.  I should  I shouldn't

❖ Cover your mouth when you cough.  I should  I shouldn't

❖ Do exercise every day.  I should  I shouldn't

❖ Have one shower every week.  I should  I shouldn't

❖ Watch TV for hours.  I should  I shouldn't

❖ Brush your teeth after meals.  I should  I shouldn't

❖ Go to the doctor frequently.  I should  I shouldn't

Food intolerances and allergies

2. In your tick the *symptoms*.

	Upset stomach	Headache	Feeling tired	Stomach ache
Lactose intolerance	☐	☐	☐	☐
Gluten intolerance	☐	☐	☐	☐

3. Choose the food you *can* eat.

Lactose intolerance	Gluten intolerance
 Milk  Lactose free milk  Soy milk  icecream  cheese  Coconut milk	 Potatoes  Bread made from wheat  Cookies gluten free  Rice  Fruits  Pasta made from wheat

First aid

4. Choose **the three basic rules** of first aid.

- Always stay quiet.
- Always stay calm.
- Get an adult if possible.
- Don't tell anyone.
- If necessary, call 911 for the emergency services.
- If necessary, call 112 for the emergency services.

5. Complete the first aid actions. Drag and drop the correct word.

a) A burn: Hold under _____ running water.

Warm

cool

b) An asthma attack: Get the _____.

Water

Inhaler

c) A cut: clean it with _____.

Soup and water

water and milk

d) A broken bone: Support and _____ it.

move

still