Science Worksheet. Week 14

How Exercise can keep you healthy

1) Tick the healthy food







2) Read the statement. Circle T for True and F for false

a) Watching TV is a type of exercise 

b) Exercise is good for your bones and muscles 

c) Exercise is bad for your heart 

d) Your heart beats faster when you exercise

3) Tick the consequences of the sedentary lifestyle






4) Write under every picture the correct exercise






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LIVEWORKSHEETS