

Subject: Physical Education

Topic: Health and Fitness

Name _____ Date _____ Grade _____

Instructions: Read and answer all the questions.

1. What does it mean to be healthy?

2. List two healthy habits that are important for health. Briefly explain them.

3.What helps your bones and body to grow tall and strong?

4. List two things good hygiene habits?

5.What is the source of energy for your body?

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6. What is fitness?

7(a). What are five types of the foods in the food guide pyramid that we should eat every day?

b. Explain briefly why do you think we should eat them every day.

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