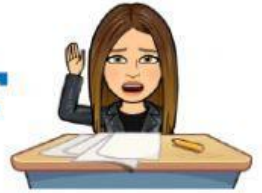


LOOKING AFTER YOURSELF TEST



1. Choose the correct definition:

- ☐ Health is the state of physical and mental well-being.
- ☐ Health is the state of physical, mental and social well-being.
- ☐ Health is not being sick.



2. Read the sentences and write the correct option from the chart:

Broken leg - fever - stomachache - cold - cut

I can't eat anything, I have a _____.



My body feels hot, I think I have _____.

I had an accident playing football, I have a _____.



I had an accident with a knife, that's a terrible _____.

I have a respiratory infection, I have _____.



3. What are healthy habits?



DRINK SOFT DRINK

DO EXERCISE



GOOD HYGIENE



EAT HEALTHY FOOD



SLEEP 10 HOURS



EAT JUNK FOOD

SPEND A LOT OF TIME
IN FRONT OF A SCREEN



DON'T EXERCISE



BAD POSTURE



LEISURE TIME



HEALTHY HABITS

4. Unhealthy habits: match



Listening to music very loud.

Don't exercise.

Soft drink.

Spend a lot of time in front of a screen.

5. Answer these questions (write numbers)

- How much time of physical activity should you do in a day?



_____ hour.

- How many hours must you sleep?



_____ hours.

- How many hours should you spend in front of the screen a day?



Less than _____ hours.

6. Who has a healthy lifestyle? Tick



She gets up early and walks to school.

She eats fish and salad for lunch.

She plays football for an hour.

She eats chicken and an apple for dinner.

She sleeps 10h.



He gets up late and goes to school by car.

He eats french fries and hamburger for lunch.

He watches television 3 hours.

He eats pizza for dinner.



He gets up early and walks to school.

He doesn't have breakfast.

He drinks a lot of coca-colas.

He plays basketball for an hour.

He eats junk food.

7. To have a healthy lifestyle what should you do?

Morning	
Midday	
Evening	
Night	



Healthy breakfast



Unhealthy lunch



DO EXERCISE



Go to school by car



Unhealthy breakfast



Healthy lunch



DON'T EXERCISE



Go to school on foot



SLEEP 7 HOURS



SLEEP 10 HOURS