

6th Level Natural Science

UNIT 4: Looking after your health



1. To be healthy we need to.... Click ALL that apply!

be active!

be social!

eat lots of cake

care for our mental health

2. How can a virus enter the body? Click ALL that apply!

social distancing!

through the mouth

through the nose

through the eyes

3. Organize these diseases into infectious and non-infectious diseases.

the Flu

Cancer

Down Syndrome
(genetic disorder)

COVID-19

Rubella

INFECTIOUS DISEASES

NON-INFECTIOUS DISEASES

4. Write some recommendations for a healthy lifestyle! Refer to Unit 4 text.

You should eat a balanced _____, full of fruits, vegetables and protein.

You should go to the _____ regularly for medical check-ups.

You should avoid _____ alcohol and smoking.

You should spend time talking with your friends and family!

GOOD JOB!!! STAY SAFE AND HEALTHY EVERYONE

