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

