

## HEALTH AND HEALTH RISKS

1. Being healthy includes p \_\_\_\_\_,  
m \_\_\_\_\_, and s \_\_\_\_\_ health.

2. Read the sentence and choose the correct word.

SPRAINS      ACCIDENTS      BONE FRACTURES  
ALCOHOL      MUSCLE STRAINS      ALZHEIMER'S  
PARKINSON'S      ALCOHOLISM

A. Disease that causes involuntary tremors.

\_\_\_\_\_  
B. These cause injuries to the brain and spinal cord.

\_\_\_\_\_  
C. This disease usually affects the elderly.

\_\_\_\_\_  
D. This substance can affect the brain.

\_\_\_\_\_  
E. This happens when a bone breaks or cracks.

\_\_\_\_\_  
F. Alcohol abuse can lead to this chronic illness.

\_\_\_\_\_  
G. This involves damage to a ligament.

\_\_\_\_\_  
H. This is caused by excessive effort or bad posture.

\_\_\_\_\_

3. Which system is damaged by the following?

A. Diseases	nervous	locomotor
B. Bone fractures	nervous	locomotor
C. Alcohol	nervous	locomotor
D. Bone fractures	nervous	locomotor
E. Muscle strains	nervous	locomotor
F. Accidents	nervous	locomotor

4. Choose the correct answer.

A. Which type of injury requires a plaster cast?  
\_\_\_\_\_

B. Which type of injury is most common in joints?  
\_\_\_\_\_

C. Which type of injury may result from bad posture?  
\_\_\_\_\_

D. Which type of injury are usually caused by twisting?  
\_\_\_\_\_

E. Which type of injury consists of prolonged muscle contraction?  
\_\_\_\_\_

F. Which type of injury may require surgery?  
\_\_\_\_\_

5. Answer True or False.

A. Healthy habits are important for our nervous and locomotor systems.

True      False

B. Physical activity always refers to sports.

True      False

C. Good posture is only important when you sit.

True      False

D. Bone growth requires mainly Vitamin C.

True      False

E. When we sleep, our locomotor system rests and our brain sorts and stores information.

True      False

F. Children need between 10-12 hours of sleep per day.

True      False

6. Look at the pictures and choose which healthy habit it is showing.

Sleep on your side with your legs bent

Sit down to get dressed and put on your socks.

Carry your school bag over both shoulders.

Pick things up with your knees bent and your back straight.

Sit up straight and lean your back against the chair.

