

# Health and health risks

## Check your progress

Select the correct answer.

1. What organ does Alzheimer's disease affect?

- ☐ A The brain.
- ☐ B Muscles.
- ☐ C The spinal cord.



2. Alcoholism...

- ☐ A ...only affects the nervous system.
- ☐ B ...only affects the nervous system and other internal organs.
- ☐ C ...causes serious physical injuries and damages your relationships with family and friends.



3. What happens when bones break or crack?

- ☐ A Nothing.
- ☐ B A bone fracture.
- ☐ C A muscle strains.



4. What does bad sitting posture cause?

- ☐ A Back pain.
- ☐ B Column fractures.
- ☐ C It has no health risks.



**5. How does physical activity benefit you?**

- A** Developing elasticity and strengthening muscles and bones.
- B** Avoiding growth problems.
- C** It doesn't give any health benefit, but it is fun.



**6. Before playing sports...**

- A** ...you should always warm up in order to prevent sports injuries.
- B** ...you should eat whatever you can.
- C** ...you don't need to do anything.



**7. What posture should you adopt when picking things up?**

- A** Bend your knees and your back.
- B** Keep your knees straight and your back bent.
- C** Bend your knees while keeping your back straight.



**8. What happens if you sleep less than 10 hours per day?**

- A** You can't play sports.
- B** The day after you will be too tired.
- C** It is not necessary to sleep so many hours.



**9. What do your bones need to absorb calcium?**

- A** Vitamin D.
- B** Vitamin A.
- C** Glucose.



*Dairy Food Sources of Calcium*



*Non Dairy Food Sources of Calcium*

**10. Is it good to play video games?**

- A** No, you shouldn't play video games.
- B** Yes, but if you don't play too much and also do other types of activities.
- C** Yes, the more you play, the better.

