

Unit 3

Health and illness

1. Complete the gaps with the words in the box.

extra energy	nutrients	muscle	proteins
vitamins and minerals		carbohydrates	food
water	fats	energy	grow

- If you follow a healthy diet it means you eat food with different
- We need and to survive.
- The main types of nutrients are:,, and
- Carbohydrates give us
- Proteins help us build
- Vitamins and minerals help us
- Fats give us

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2. Choose the correct option.

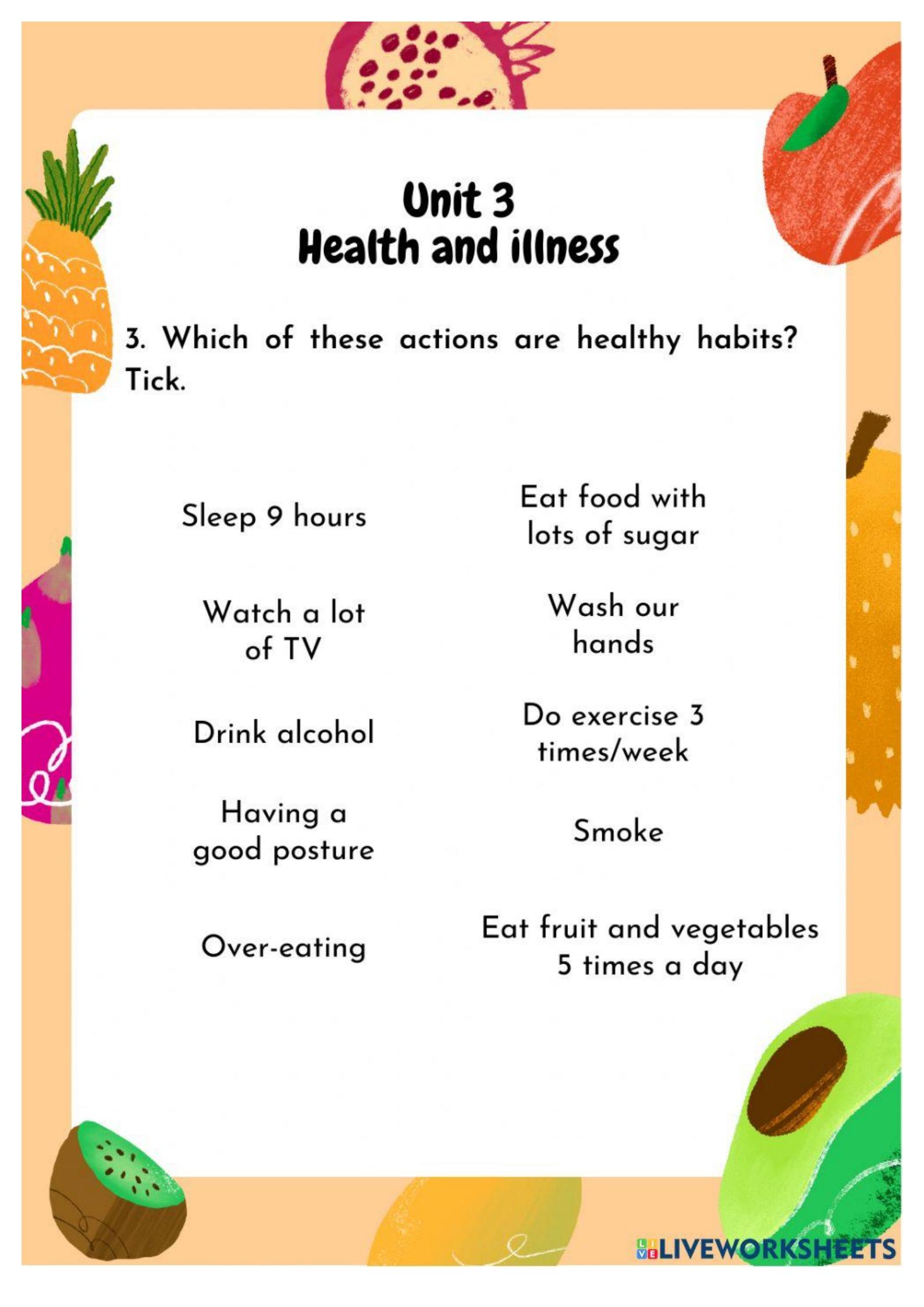


a. Some examples of vitamins and minerals are:

b. Some examples of proteins are:

c. Some examples of carbohydrates are:

d. Some examples of fats are:



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3. Which of these actions are healthy habits?
Tick.

Sleep 9 hours

Eat food with
lots of sugar

Watch a lot
of TV

Wash our
hands

Drink alcohol

Do exercise 3
times/week

Having a
good posture

Smoke

Over-eating

Eat fruit and vegetables
5 times a day

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4. Drag the words to the corresponding place.

vaccines

choking

bones

antibiotics

burn

- a. help cure infections caused by bacteria.
- b. With the X-ray machine we can see the inside our body.
- c. When someone is, hit them firmly on the back.
- d. When someone has a, put it in cold water for 10 minutes.
- e. help to prevent illnesses caused by viruses.