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

a. If you follow a healthy diet it means you eat food with different .....

b. We need ..... and ..... to survive.

c. The main types of nutrients are: ....., ..., ... and .....

d. Carbohydrates give us .....

e. Proteins help us build .....

f. Vitamins and minerals help us .....

g. Fats give us .....

LIVEWORKSHEETS

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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: .....

LIVEWORKSHEETS

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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

LIVEWORKSHEETS

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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 casued by viruses.

LIVEWORKSHEETS