

## Fill in blanks :

1. Physical health refers to how the .....
2. A person can limit the amount of ..... they drink or try to eat ..... to reduce their risk of developing a .....
3. Balanced diet should contain ..... , ..... and .....
4. Adults should do at least ..... minutes of vigorous activity, or at least 150 minutes per week of ..... intensity activity per week.
5. ..... is the best form of hydration.
6. ..... can be used as a guide to determine if a person has a healthy weight for their height.
7. Most people need to get ..... hours of sleep every night.

## Answer the following questions:

1. There are many ways to improve physical health. Mention 3 of them.
  - a.
  - b.
  - c.

2. There are lots of factors that affect body weight. These include:

- a.
- b.
- c.

3. There are many factors that lead to poor quality sleep.

They include :

- a.
- b.