

HEALTH AND ILLNESS: DEFINITIONS

1.- **HEALTHY HABITS:** Choose a definition for each of the following sentences:

VIRUS FIRST AID PHYSICAL ACTIVITY SLEEP ENOUGH EAT HEALTHY
 KEEP CLEAN PREVENTION PYRAMID FOOD

- Wearing your face mask:
- A diagram that shows what a balanced diet is:
- Emergency treatment of an injured person:
- Washing your body to remove dirt, bacteria and sweat:
- An organism that causes disease:
- Keeping a balanced diet:
- It keeps our muscles in good condition:
- It helps your body rest:

2.- **FIRST AID KIT MATCHING:** Match each word with its function. Click on the name to check pronunciation.

SCISSORS

To measure body temperature

THERMOMETER

To cover wounds after disinfection

BANDAGES

To cut bandages, gauze pads, etc

GAUZE PADS

To take out thorns from the skin

ALCOHOL

To sterilize instruments

TWEEZERS

To immobilize a twisted joint

3.- **FIRST AID KIT PICTURES:** Write the names of these items:

