

## Check progress

## Unit 2. Looking after ourselves

Name \_\_\_\_\_ Student number \_\_\_\_

## Choose the correct answer.

- For a snack, Dina eats potato chips, while Rini eats boiled nuts.
   Which snack should they eat more of?
  - a. potato chips



b. boiled nuts



- 2. During lunch, Dani drinks fruit drink that contains lot of added sugar, while Edo drinks fruit juice. Which should they drink more of?
  - a. fruit drinks



b. fruit juice



- 3. It is \_\_\_\_\_. It is healthy and give you energy.
  - a.

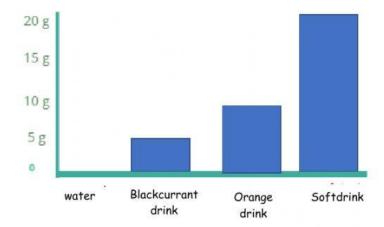


b.



This bar chart shows the amount of sugar in four drinks.

Use this bar chart to answer the questions number 4 - 6.



	soft drink? hese statements true or false?		
7.	Stay up so late every day make us healthy and strong.	True	False
8.	Exercise makes our bones, muscles and heart strong.	True	False
9.	Getting enough sleep allows us to get rest and be mentally alert.	True	False
10	Watching movie until midnight is the best way to relax.	True	False
	Mention 2 physical exercises t	hat you usually	do.