

UNIT 2: NATURAL SCIENCE. VIDEO 1: HEALTHY HABITS.

Nombre:

1	Exercise helps...	
A	Our circulatory system and our respiratory system.	
B	Our reproductive system.	
C	Our excretory system and our digestive system.	
2	Sleeping helps...	
A	Our body to jump.	
B	Our body to rest and grow.	
C	Our body to eat and drink.	
3	You must...	
A	Eat candies everyday,	
B	Lie on the sofa the whole day.	
C	Have a bath everyday and wash your hands before you eat.	
4	It is a good idea to have check-ups with your...	
5	Name 6 nutrients that help our body system:	