

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

**Nombre:**

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