

UNIT 2: NATURAL SCIENCE. VIDEO 5: WHY DO WE NEED TO SLEEP?

Name:

1	We need to sleep...	
A	Because my mum says so.	
B	Because your body needs to get enough rest.	
C	Because I am a kid.	
2	Sleeping...	
A	Helps us to wash our hands.	
B	Helps us to brush our hair.	
C	Helps us to be prepared for next day.	
3	When you sleep the right amount of hours...	
A	Your body feels fresh and stronger.	
B	Your body feels tired.	
C	Your body feels fresh and exhausted.	
4	Proper sleep helps your brain...	
A	To swim better too.	
B	To work better too.	
C	To lie better too.	
5	When you sleep...	
A	Your brain replaces chemicals, stores fats and solves problems.	
B	Your brain replaces waste, stores information and solve problems.	
C	Your brain replaces chemicals, stores information and solves problems.	