

**1** The nervous system can be damaged due to...

- a. accidents and viruses.
- b. illnesses and alcohol.
- c. accidents, diseases and alcohol.

**2** Alzheimer's disease...

- a. involves a loss of memory.
- b. can cause lack of muscle control.
- c. can lead to involuntary tremors.

**3** The term *alcoholism*...

- a. means the sale of alcohol.
- b. refers to a chronic disease.
- c. is another word for a drink.

**4** A sprain is an injury that involves damage to...

- a. the bones.
- b. the tendons.
- c. the ligaments.

**5** A muscle strain is usually caused by...

- a. twisting.
- b. excessive effort.
- c. a broken bone.

**6** In order to keep our nervous and locomotor systems healthy, we need to...

- a. do some physical activity.
- b. play videogames several times a week.
- c. sleep 6 hours per day.

**7** To prevent sports injuries, ...

- a. we must run for an hour.
- b. we have to drink water.
- c. we should always warm up and stretch.

**8** It is important to keep good posture to...

- a. be healthy.
- b. cause back pain.
- c. play sports.

**9** Bone growth requires...

- a. calcium and vitamin D.
- b. sugar.
- c. water and sugar.

**10** Children should sleep...

- a. 6 hours per day.
- b. 8 hours per day.
- c. 10 hours per day.