

Lessons 5–6 **Be at your best****1** Match the questions and the answers.

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| <b>1</b> What are the three most important things for a healthy lifestyle? | <b>a</b> A variety of food from different food groups.   |
| <b>2</b> What makes a healthy, balanced diet?                              | <b>b</b> Because they give us vitamins and minerals.   |
| <b>3</b> What do our bodies need to get from the food we eat?              | <b>c</b> Because your brain needs time to process all the information it's taken in during the day.  |
| <b>4</b> Where is protein found?   | <b>d</b> They give us energy.  |
| <b>5</b> Why do we need protein?   | <b>e</b> Good food, exercise and a good night's sleep.   |
| <b>6</b> What do carbohydrates give us?                                    | <b>f</b> In eggs, meat, fish, pulses and nuts.   |
| <b>7</b> Why are fruit and vegetables important?                           | <b>g</b> It improves your memory and takes oxygen round your body and to your brain.   |
| <b>8</b> Why is it important to do exercise regularly?                     | <b>h</b> They need protein, carbohydrates, vitamins and minerals.  |
| <b>9</b> What kind of exercise should you do?                              | <b>i</b> Walking to school, for example, is good exercise, but you also need to do more energetic exercise to make your heart beat faster. |
| <b>10</b> Why do we need a good night's sleep?                             | <b>j</b> We need it to make our bodies strong.   |