

# LIFE AND HEALTHY



1. Match each STAGE OF LIFE with its characteristic and put them into the CORRECT ORDER.

**ADULTHOOD**

They learn to READ and WRITE

**OLD AGE**

Our bodies change more SLOWLY during this stage

**CHILDHOOD**

They learn to do the most basic things: TALK and WALK

**INFANCY**

They have a great of WISDOM and have WHITE HAIR.

**ADOLESCENCE**

The BODY CHANGE and it starts to grow body hair.

1.

2.

3.

4.

5.

2. Match and write below the pictures the nutrients that the food is high.

**FAT and CARBOHYDRATES**

**PROTEINS**

**VITAMINS and MINERALS**

Give our body the nutrients required for GROWTH and REPAIR

Provide ENERGY

Prevent illness



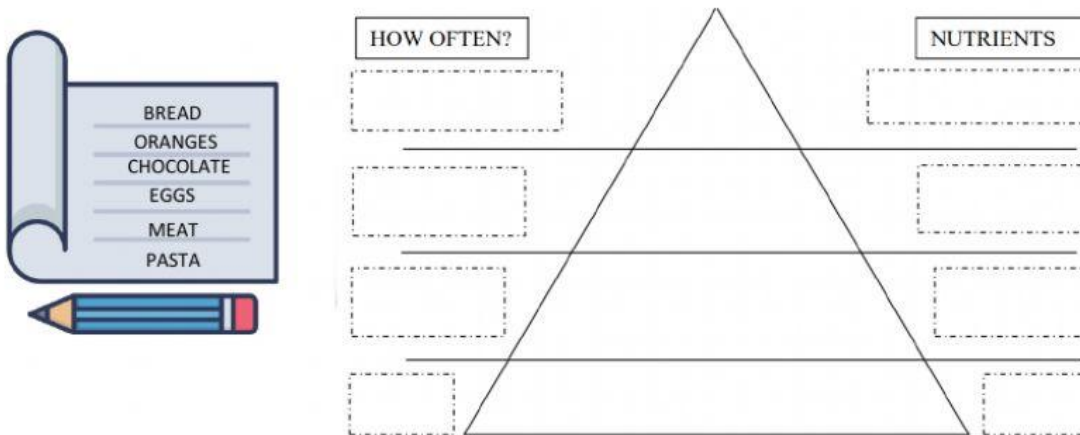
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3. What's the MAIN NUTRIENTS of the food labelled in this paella?



4. Look at the list. At what level of the FOOD PYRAMID are they? Complete the pyramid.



5. a) Write the corresponding HEALTHY HABIT

- STOP us getting GERMS. \_\_\_\_\_
- HELPS TO GROW \_\_\_\_\_
- ALLOWS our body TO RECOVER \_\_\_\_\_
- PREVENTS us from getting ACHES and PAINS \_\_\_\_\_
- KEEPS our body FIT and STRONG \_\_\_\_\_

HEALTHY DIET

EXERCISE

HYGIENE

REST

POSTURE

b) Now write the corresponding ILLNESS

- Itchy RED SPOTS all over the body \_\_\_\_\_
- SORE THROAT and BLOCKED NOSE \_\_\_\_\_
- We get FEVER and ACHE MUSCLES \_\_\_\_\_

CHICKEN POX

COLD

FLU