

1. Write **TRUE** OR **FALSE**.

- When the body is functioning correctly we are healthy.
- The body has symptoms when we are healthy.
- We are ill when we have symptoms
- Symptoms make us feel unwell or tired.

2. Choose symptoms or illness :

A pain	→	
A Cough	→	
A Cold	→	
A Rash	→	
The flu	→	
A fever	→	
Chicken Pox	→	
A throat infection	→	

3. Complete using:

Proteins	Carbohydrates	Dairy products	Vitamins and minerals
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	are important for muscular growth.
	provide Energy.
	are an important element for the bones.
	help defend the body from illnesses.

4. Listen and complete.

unhealthy

bad diet

viruses

Poisoning

worry

sore throat

bacteria

broken bones

There are many reasons we become

Harmful and can enter the body and cause illnesses, such as the flu, a cold or a

Accidents can cause burns to the skin, bruises* or

happens when we eat or drink a harmful substance.

Bad habits can lead to many health problems over time. Bad posture, a, bad sleeping habits or poor hygiene can weaken* the body and make it more vulnerable* to illnesses.

Situations that make us all the time can also cause bad health.

Some of us are born with health conditions, like a heart defect.

5. Join.



PROTEINS



DAIRY PRODUCTS



CARBOHYDRATES

VEGETABLES



FATS



6. Tick the correct sentences. (only the correct)

- Paediatricians are doctors specialized on adult's health.
- Public health is carried out by people who clean the streets.
- Paediatricians are doctor's specialized on children's health.
- Collect rubbish is a task carried out by public health personal.
- Public health is related to the sports and leisure time.

7. Tick the correct statements. (Only the correct)

It is important to keep our mind active to:

- Concentrate at school.
- Pay attention to other activities.
- Stay on the sofa.
- To stay happy and healthy.
- To have a shower

8. Write Personal Hygiene or Preventing illnesses.

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|---|---|
| Good postures. | • |
| Change your clothes every day | • |
| Sit with your back straight | • |
| Wash your hands often. | • |
| Using helmets, boots or special clothes | • |
| Brush your teeth after eating | • |