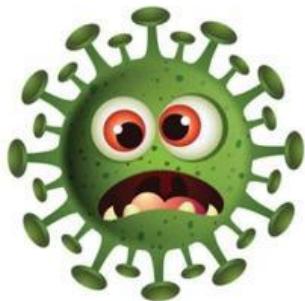


## REVIEW UNIT 4: WE KEEP HEALTHY

### 1. Choose the correct one: What is health?

- a. When we do exercise.
- b. When we drink water and eat food.
- c. A state of complete physical, mental and social wellbeing.



### 2. Write each one in the correct place.

	<ul style="list-style-type: none"><li>• Your body functions correctly.</li></ul>
<b>PHYSICAL HEALTH</b>	<ul style="list-style-type: none"><li>• You feel happy with yourself.</li></ul>
	<ul style="list-style-type: none"><li>• You don't suffer from any disease.</li></ul>
<b>MENTAL HEALTH</b>	<ul style="list-style-type: none"><li>• It is affected by the conditions in which you are born, grow, work and live.</li></ul>
	<ul style="list-style-type: none"><li>• You have good relationships with other people.</li></ul>
<b>SOCIAL HEALTH</b>	<ul style="list-style-type: none"><li>• You can control your emotions.</li></ul>
	<ul style="list-style-type: none"><li>• You don't have an accident.</li></ul>

### 3. Types of diseases:

There are 2 types. Choose the correct one:

- a. Infectious and infected diseases.
- b. Infectious and non- Infectious diseases.
- c. Good and bad diseases.

STAY  
CALM  
AND  
KEEP  
HEALTHY

Write true (T) or false (F) in these sentences:

- a. Germs are tiny things that cause diseases
- b. Germs and viruses are called pathogens.
- c. Pathogens live only in soil
- d. Infectious diseases are transmitted through cuts in the skin.
- e. Infectious diseases are transmitted through eyes and nose when we breathe.
- f. Non-infectious diseases are transmitted.

## REVIEW UNIT 4: WE KEEP HEALTHY

Complete this text with the following words.

Foods	Germs	pathogens	living things
viruses	diseases	water	soil

\_\_\_\_\_ are tiny things and \_\_\_\_\_ that can cause \_\_\_\_\_ in humans. They are known as \_\_\_\_\_.

Pathogens live in \_\_\_\_\_, in \_\_\_\_\_, in \_\_\_\_\_ and in other \_\_\_\_\_.



### 4. Medical advances. Match

• DIAGNOSIS	• Don't cure.
• VACCINES	• Medical procedures like surgery and medicines.
• TREATMENTS	• Identification of the disease.
	• Don't treat.
	• Prepare the body to fight infections.

### 5. Keep healthy. Match

• PERSONAL HYGIENE	• Cook food well
• SOCIAL HYGIENE	• Collect rubbish
• FOOD HYGIENE	• Wash your hands
	• Drink drinking water
	• Brush your teeth
	• Keep public places clean
	• Shower and dry

