

## 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.

	• Your body functions correctly.
PHYSICAL HEALTH	
	• You feel happy with yourself.
	• You don't suffer from any disease.
MENTAL HEALTH	
	• It is affected by the conditions in which you are born, grow, work and live.
	• You have good relationships with other people.
SOCIAL HEALTH	• You can control your emotions.
	• You don't have an accident.

### 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. ☐

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Complete this text with the following words.

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

### 5. Keep healthy. Match

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



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