Activity #3. Identify the need being described and write the correct answer in the box provided the basic needs of the girl.

Clothes		**Exercise**
Food	**shelter**	**sleep**
rest	**water**	



1. It give us energy and nutrients that our body needs.

2. It keeps your body hydrated and take atleast 8-10 glasses of it everyday.

3. It protects you from rain, wind and sun. It also helps to improve your

4. It makes you feel better , more alert and more energetic.

5. A place that provide your protection from danger.

6. It makes you feel better and stronger.

7. It gives your body time to recover your strength.

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