

Name: _____

Grade and Section: _____

Date: _____

Subject: Dance

Teacher: T.MJ

Title of the Activity: Seatwork 4.2

A. Unscrambled the word. Type your answer on the blank.

1. Is being healthy in body and mind. _____ (**s l l e w n e**)

2. A _____ (**t d i e**) that contains the proper amount of carbohydrates, fats, proteins, vitamins, minerals, and water necessary to maintain good health.

3. Is a physical activity that is done to become stronger and healthier.
_____ (**c s e e x r i e**)

4. Harm or damage done to by a person or thing. _____ (**j u i r y n**)

5. Condition of being free from harm or danger, risk or injury. _____ (**f s a t e y**)

B. Type the missing letters on the blank.

6. C _ _ I D _ _ _

7. Wa _ _ _ p

8. Bala _ _ _ d D _ _ t

9. D _ _ _ e

10. Per _ _ _ al W _ _ _ n _ _ s