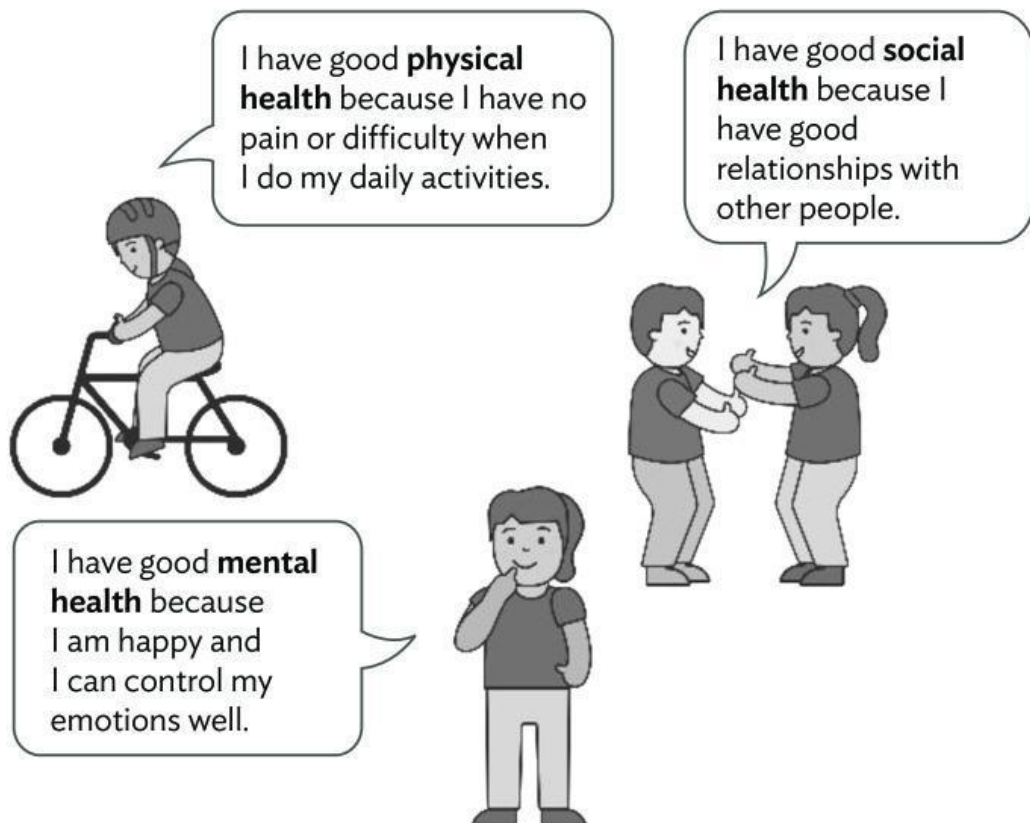


REVISE pages 8–9 and 14–15 before you start.

- 1 When we are healthy, we have good physical, mental and social health.
Read, then tick the type of health in each photo.



- ☐ physical health
☐ mental health
☐ social health

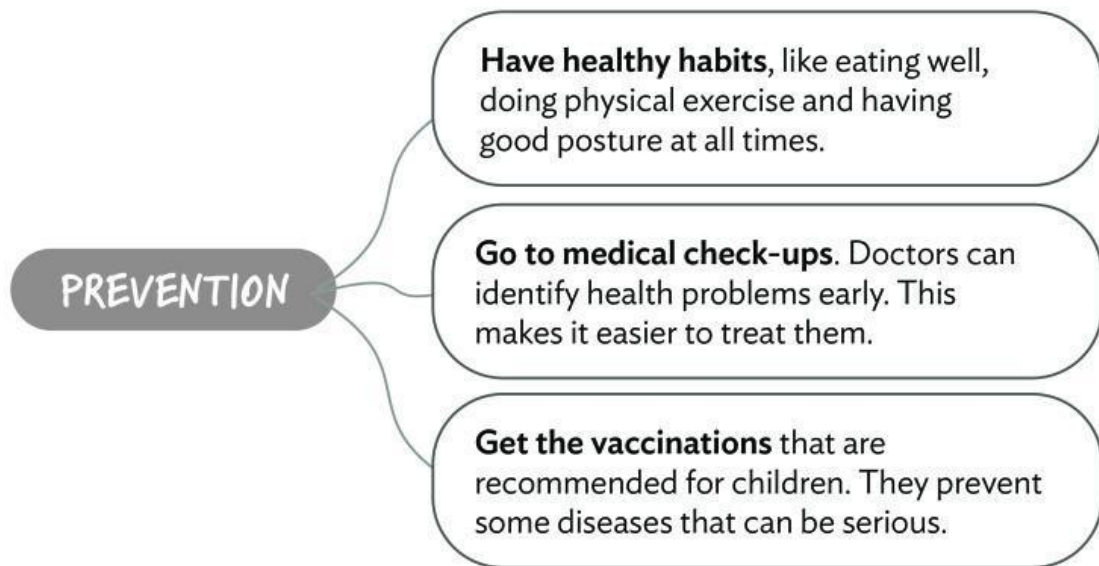


- ☐ physical health
☐ mental health
☐ social health



- ☐ physical health
☐ mental health
☐ social health

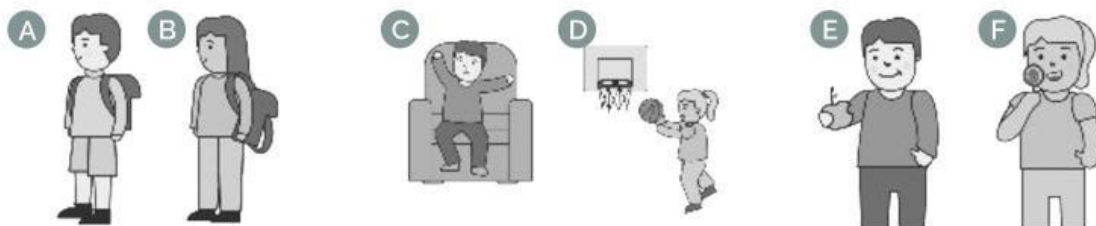
- 2 Prevention involves taking steps to help us to stay healthy. Read the information and complete the sentences.



To prevent damage to our health:

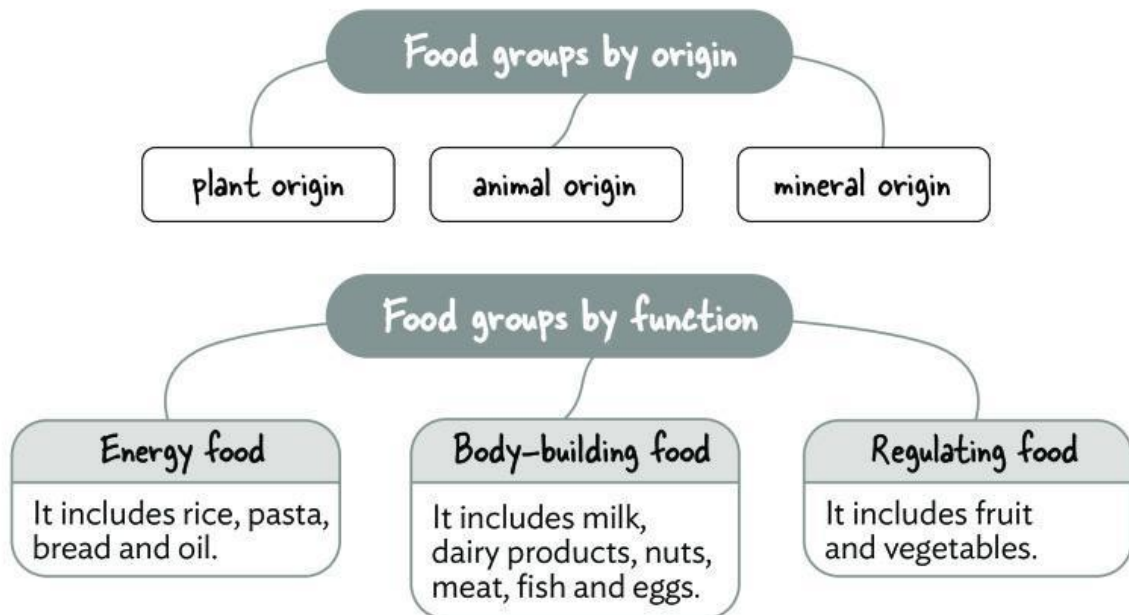
- We need to, like eating well, doing physical exercise and having good posture.
- We go to to identify and treat health problems early.
- We get the that are recommended for children because they prevent some diseases.

- 3 Circle the pictures that show healthy habits.



REVISE pages 10–13 before you start.

- 1 Food is everything that we eat and drink.
Look at the diagrams.



In box A, circle the energy foods that are of plant origin.

In box B, circle the body-building foods that are of animal origin.



- 2 A healthy diet provides the food that our body needs. We need to follow recommendations for a healthy diet. Match each recommendation to the type of food.

Drink six to eight glasses every day.	fruit and vegetables
It is better to eat this type of food of animal origin.	bread, pasta and rice
Eat lots of this type of healthy food every day. Whole pieces are better than juices or smoothies.	pulses
Use these types of oil and avoid animal fats, like butter.	water
Choose wholegrain products.	eggs, milk and dairy products
Consume them in moderation.	fish or chicken
They are a very healthy food of plant origin.	vegetable oils, such as olive oil

- 3 Copy the table and complete it in your notebook.

Food	Origin	Function	Recommendations
rice			
fruit and vegetables			
bread			
fish			
milk			
eggs			