



Revision Pack

Unit 3 – Keeping healthy

Name: _____

Grade 3/ year 4: _____

Q1. Fill in the blanks.

- a. Energy in food is measured in _____.
- b. Food and water help us to _____, _____ and repair our bodies.
- c. A _____ is something that is good for your body.
- d. We have many _____ in our body.
- e. _____ is one of the life processes.
- f. Fruits and vegetables contain minerals and _____ that we need for a healthy life.

Q2. Mark each of these statements as True (✓) or False (✗)

- a. A balanced diet means eating a variety of foods. _____
- b. Food helps the body to move, grow, maintain and repair itself. _____
- c. Food that are high in fat and sugar can be good for your health. _____
- d. Green light foods must be taken in less quantity. _____
- e. Vitamins and minerals help your body to function correctly. _____
- f. Scurvy causes skin sores and difficulty in breathing. _____
- g. Food is the fuel of our body. _____
- h. Someone who exercises very little will need huge amount of energy. _____
- i. The most important muscle is heart. _____

Q3. Ajay wanted to stay healthy. He found out that some activities made his heart beat faster.

| Activity | Effect on the heartbeat |
|----------------|-------------------------|
| Watching TV | ♥ |
| Swimming | ♥♥♥ |
| Walking | ♥♥ |
| Reading a book | ♥ |

- Which activity made his heart beat the fastest?

- Which two activities made his heart beat the least?

- Name one other exercise that he could try that would make his heart beat faster.

- Apart from exercising, what else is needed for keeping us healthy?

Q4. Sami, Tsige and Ajay drew their favorite dinners below.

Dinner 1



Beef burger, chips and salad

Dinner 2



roast chicken, boiled potatoes and
And broccoli

Dinner 3



Vegetable pizza

Sami, Tsige and Ajay talked about the health benefits in each meal, what is the health benefit in:

- Dinner 1 _____
- Dinner 2 _____
- Dinner 3 _____

Q5. Look at these pictures.



1)



2)



3)

a) Which learner is showing the less healthy lifestyle choice?

b) State which 2 activities are important to keep you healthy?

Q6. Sort out the food into the groups below:

| | | | | | | | | | |
|---------|------|---------|--------|--------|--------|-----------|-------|--------|-----------|
| Cabbage | Fish | Cookies | Sweets | Meat | Eggs | Ice cream | Cake | Grapes | Chocolate |
| | | | Apple | Tomato | Cheese | Milk | Beans | | |

| Eat regularly | Eat sometimes | Don't eat often |
|---------------|---------------|-----------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Q7. Sort these foods into the groups below. Then add your own examples.

Cheese Meat Iced doughnut Ice cream Chocolate Apple Water

| Healthy foods | Less healthy foods |
|---------------|--------------------|
| | |
| | |
| | |
| | |
| | |

Q8. There are many ideas about health and food. Some of the ideas are fact (TRUE). Some are fiction (FALSE). Read the ideas below and decide whether it is a fact or a fiction:

- a. Carrots are good for your eyesight. _____
- b. Eating chicken soup will cure a cold. _____
- c. Healthy people need to take vitamin tablets. _____
- d. Fish is a brain food. _____
- e. Eating bread crusts makes your hair curl. _____

Q9. Match each vitamin and mineral below to show how they help the body.

- | | | |
|-----------|---|----------------------------------|
| Calcium | ◆ | ◆ For healthy eyesight |
| Vitamin C | ◆ | ◆ To make strong bones and teeth |
| Iron | ◆ | ◆ To help make new blood |
| Vitamin A | ◆ | ◆ To help heal cuts |
| Vitamin D | ◆ | ◆ For strong bones |

Q10. Look at this balanced diet dinner plate. Label each food group shown in the plate.

high fat or high sugar dairy produce starchy food fruits and vegetables high protein



a) Which food groups should you eat the most of every day?

b) Which food groups should you eat the least of?

Q11. Look at the food items shown below and identify the starchy foods, protein-rich foods, dairy products and foods high in fats and sugar:



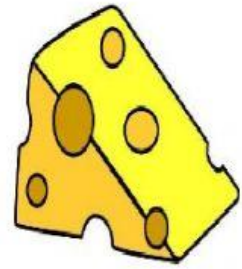
Rice



Fish



Cake



Cheese

- a. Protein-rich food: _____
- b. Starchy food: _____
- c. High in fat and sugar: _____
- d. Dairy Product: _____