**Science Worksheet. Week 14**

**How Exercise can keep you healthy**

**1) Tick the healthy food**







**2) Read the statement. Circle T for True and F for false**

a) Watching TV is a type of exercise 

b) Exercise is good for your bones and muscles 

c) Exercise is bad for your heart 

d) Your heart beats faster when you exercise

**3) Tick the consequences of the sedentary lifestyle**






**4) Write under every picture the correct exercise**






_____ _____ _____ _____



LIVEWORKSHEETS