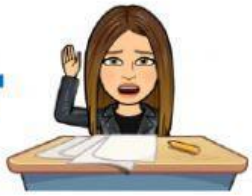
Name:

LOOKING AFTER YOURSELF TEST



1. Choose the correct definition:

- ☐ Health is the state of physical and mental well-being.
- ☐ Health is the state of physical, mental and social well-being.
- ☐ Health is not being sick.

2. Read the setences and write de correct option from the chart:

Broken leg - fever - stomachache - cold - cut

I can´t eat anything, I have a _____.

My body feels hot, I think I have _____.

I had an accident playing football, I have a _____.

I had an accident with a knife, that´s a terrible _____.

I have a respiratory infection, I have _____

LIVEWORKSHEETS

3. What are healthy habits?

DRINK SOFT DRINK

DO EXERCISE

GOOD HYGIENE

EAT HEALTHY FOOD

SLEEP 10 HOURS

EAT JUNK FOOD

LEISURE TIME

SPEND A LOT OF TIME IN FRONT OF A SCREEN

DON´T EXERCISE

BAD POSTURE

HEALTHY HABITS

LIVEWORKSHEETS

4. Unhealthy habits: match

Listening to music very loud.	Don´t exercise.	Soft drink.	Spend a lot of time in front of a screen.

5. Answer these questions (write numbers)

- **How much time of physical activity should you do in a day?**

_____ hour.

- **How many hours must you sleep?**

_____ hours.

- **How many hours should you spend in front of the screen a day?**

Less than _____ hours.

6. Who has a healthy lifestyle? Tick

She gets up early and walks to school.

She eats fish and salad for lunch.

She plays football for an hour.

She eats chicken and an apple for dinner.

She sleeps 10h.

He gets up late and goes to school by car.

He eats french fries and hamburger for lunch.

He watches television 3hours.

He eats pizza for dinner.

He gets up early and walks to school.

He doesn´t have breakfast.

He drinks a lot of coca-colas.

He plays basketball for an hour.

He eats junk food.

LIVEWORKSHEETS

7. To have a healthy lifestyle what should you do?

Morning	
Midday	
Evening	
Night	

Healthy breakfast

Unhealthy lunch

DO EXEXCISE

Go to school by car

Unhealthy breakfast

Healthy lunch

DON´T EXERCISE

Go to school on foot

SLEEP 7 HOURS

SLEEP 10 HOURS

LIVEWORKSHEETS