

Review for Mid-term test

1. Tick healthy habits:



2. Tick the children who are not being safe:



3.

healthy

habit

cavity

eating well

A _____ is something you do again and again.

Good habits help keep your body _____.

_____ means eating different types of food.

A hole in a tooth is called a _____.

4. Tick healthy foods:



5.

1

2

3

4



Germs land on something you touch.



You touch your mouth, nose, or eyes with your hands.



You get germs on your hands.



A sick person sneezes.

6.

bandage

heal

skin

Your _____ is very good at healing itself.

To _____ means to become healthy again.

You can cover a cut with a _____.



7. True or False?

When you exercise your heart beats faster.

T

F

Exercise is good for your heart.

T

F

Watching TV is a type of exercise.

T

F



Children should sleep for 10-11 hours each night.

T

F

A doctor cannot give you a check-up.

T

F

8. Who is not doing exercise? Tick.



9. What is another way you can exercise?

10. What can kill germs?

Soap and water

A helmet