

# Health and health risks

## Check your progress

Select the correct answer.

### 1. What organ does Alzheimer's disease affect?

- A The brain.
- B Muscles.
- C The spinal cord.



### 2. Alcoholism...

- A ...only affects the nervous system.
- B ...only affects the nervous system and other internal organs.
- C ...causes serious physical injuries and damages your relationships with family and friends.



### 3. What happens when bones break or crack?

- A Nothing.
- B A bone fracture.
- C A muscle strains.



### 4. What does bad sitting posture cause?

- A Back pain.
- B Column fractures.
- C It has no health risks.



## 5. How does physical activity benefit you?

- A Developing elasticity and strengthening muscles and bones.
- B Avoiding growth problems.
- C It doesn't give any health benefit, but it is fun.



## 6. Before playing sports...

- A ...you should always warm up in order to prevent sports injuries.
- B ...you should eat whatever you can.
- C ...you don't need to do anything.



## 7. What posture should you adopt when picking things up?

- A Bend your knees and your back.
- B Keep your knees straight and your back bent.
- C Bend your knees while keeping your back straight.



## 8. What happens if you sleep less than 10 hours per day?

- A You can't play sports.
- B The day after you will be too tired.
- C It is not necessary to sleep so many hours.



## 9. What do your bones need to absorb calcium?

- A Vitamin D.
- B Vitamin A.
- C Glucose.



Dairy Food Sources of Calcium



Non Dairy Food Sources of Calcium

## 10. Is it good to play video games?

- A No, you shouldn't play video games.
- B Yes, but if you don't play too much and also do other types of activities.
- C Yes, the more you play, the better.

