

### 1.- HEALTHY HABITS: Choose a definition for each of the following sentences:

VIRUS      FIRST AID      PHYSICAL ACTIVITY      SLEEP ENOUGH      EAT HEALTHY  
 KEEP CLEAN      PREVENTION      PYRAMID FOOD

- Wearing your face mask:
- A diagram that shows what a balanced diet is:
- Emergency treatment of an injured person:
- Washing your body to remove dirt, bacteria and sweat:
- An organism that causes disease:
- Keeping a balanced diet:
- It keeps our muscles in good condition:
- It helps your body rest:

### 2.- FIRST AID KIT MATCHING: Match each word with its function. Click on the name to check pronunciation.

- |               |                                      |
|---------------|--------------------------------------|
| SCISSORS ○    | ○ To measure body temperature        |
| THERMOMETER ○ | ○ To cover wounds after disinfection |
| BANDAGES ○    | ○ To cut bandages, gauze pads, etc   |
| GAUZE PADS ○  | ○ To take out thorns from the skin   |
| ALCOHOL ○     | ○ To sterilize instruments           |
| TWEEZERS ○    | ○ To immobilize a twisted joint      |

### 3.- FIRST AID KIT PICTURES: Write the names of these items:



**(Prepared by Teacher Muhammed Kazim Raza)**