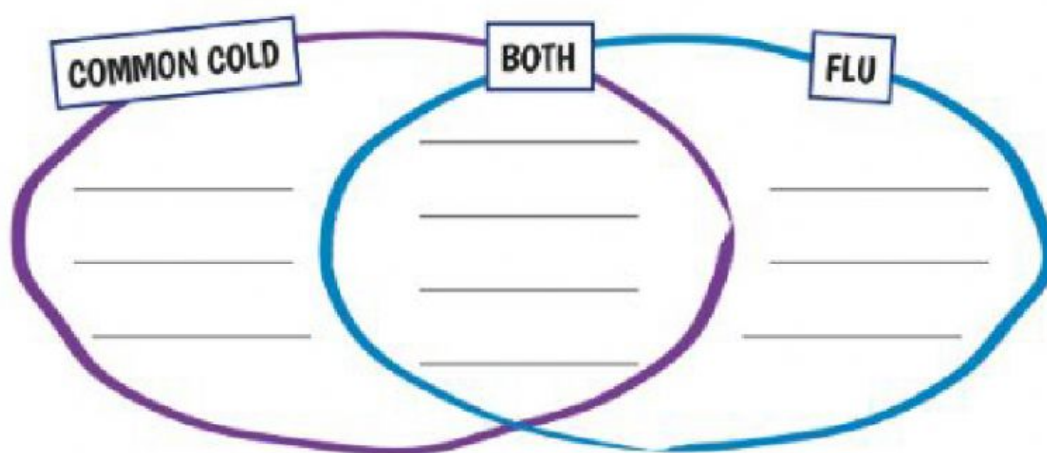


## HOW ARE YOU FEELING? ILLNESSES AND HEALTH

### 1. DRAG TO COMPLETE THE VENN DIAGRAM

Sore throat   Low fever   Symptoms start slowly   runny nose   high fever   sneezing  
strong body aches   coughing   mild body aches   Symptoms start quickly



### 2. DRAG THE WORDS TO THE RIGHT PLACE

chicken Pox   common cold   influenza   respiratory system   stronger

- The common cold affects the upper \_\_\_\_\_.
- There is no vaccine for the \_\_\_\_\_.
- The flu is a shorter name for \_\_\_\_\_.
- The flu is a \_\_\_\_\_ illness than the common cold.
- The main symptom of \_\_\_\_\_ is a rash.



### 3. MATCH TO MAKE CORRECT SENTENCES

- |  |  |
|--|--|
| a People who suffer from asthma        | call emergency services and try to get the help of an adult. |
| b First aid is help we give to someone | we need to take medicine to get better.                      |
| c Sometimes, when we are ill           | use an inhaler.  |
| d If you think an injury is serious,   | when they are not near a doctor or hospital.                 |

4. Match the foods to the nutrients they are rich in



**a** Apples, oranges and pears



**b** Beef, chicken and fish



**c** Milk, yoghurt and cheese



**d** Olive oil, nuts and avocados



**e** Bread, pasta and rice



Protein and iron

Carbohydrates

Fats

Vitamins and minerals

Calcium

5. Complete with should or shouldn't

- a** You \_\_\_\_\_ spend lots of time in front of screens.
- b** You \_\_\_\_\_ brush your teeth after every meal.
- c** You \_\_\_\_\_ eat junk food every day.
- d** You \_\_\_\_\_ have showers frequently.
- e** You \_\_\_\_\_ use a tissue when you blow your nose.
- f** You \_\_\_\_\_ stay up past your bed time.

