



Unit 3

Health and illness

1. Complete the gaps with the words in the box.

extra energy	nutrients	muscle	proteins
vitamins and minerals	carbohydrates	food	
water	fats	energy	grow

a. If you follow a healthy diet it means you eat food with different

b. We need and to survive.

c. The main types of nutrients are:,, and

d. Carbohydrates give us

e. Proteins help us build

f. Vitamins and minerals help us

g. Fats give us

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2. Choose the correct option.



a. Some examples of vitamins and minerals are:

.....

b. Some examples of proteins are:

c. Some examples of carbohydrates are:

d. Some examples of fats are:



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3. Which of these actions are healthy habits?
Tick.

Sleep 9 hours

Eat food with
lots of sugar

Watch a lot
of TV

Wash our
hands

Drink alcohol

Do exercise 3
times/week

Having a
good posture

Smoke

Over-eating

Eat fruit and vegetables
5 times a day



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4. Drag the words to the corresponding place.

vaccines

choking

bones

antibiotics

burn

a. help cure infections caused by bacteria.

b. With the X-ray machine we can see the inside our body.

c. When someone is, hit them firmly on the back.

d. When someone has a, put it in cold water for 10 minutes.

e. help to prevent illnesses caused by viruses.

