HEALTH AND ILLNESS: DEFINITIONS

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

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