

Unit 2. Looking after ourselves

Name _____ Class _____ Student number _____

Choose the correct answer.

1. For a snack, Dina eats potato chips, while Rini eats boiled nuts.
Which snack should they eat more of?

a. potato chips



b. boiled nuts



2. During lunch, Dani drinks fruit drink that contains lot of added sugar, while Edo drinks fruit juice. Which should they drink more of?

a. fruit drinks



b. fruit juice



3. It is _____. It is healthy and give you energy.

a.

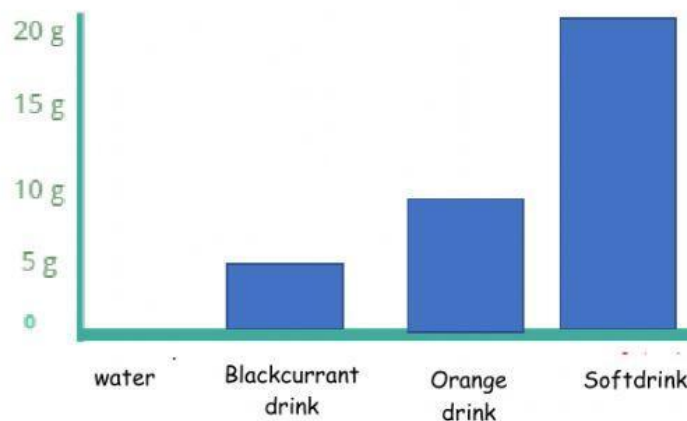


b.



This bar chart shows the amount of sugar in four drinks.

Use this bar chart to answer the questions number 4 - 6.



4. Which drink does not contain sugar? _____
5. Which drink contains the most sugar? _____
6. Which drink contains more sugar, the blackcurrant drink or the soft drink? _____

Are these statements true or false?

- | | | |
|--|-------------------------------------|--------------------------------------|
| 7. Stay up so late every day make us healthy and strong. | <input type="button" value="True"/> | <input type="button" value="False"/> |
| 8. Exercise makes our bones, muscles and heart strong. | <input type="button" value="True"/> | <input type="button" value="False"/> |
| 9. Getting enough sleep allows us to get rest and be mentally alert. | <input type="button" value="True"/> | <input type="button" value="False"/> |
| 10. Watching movie until midnight is the best way to relax. | <input type="button" value="True"/> | <input type="button" value="False"/> |



Mention 2 physical exercises that you usually do.



Mention 2 activities that you usually do to make you relax.

