



Review SCIENCE

Keep Health



1. Some of the foods we eat can damage our health, and we call as unhealthy food.

a. Hamburger can also damage our health.

Write down two things in hamburger which can damage our health.

1.

2.

b. Milk contains things the body needs to keep healthy.

Write down one of these things.

2. Maryam and Musa measure their pulse rate.



- Maryam has a pulse rate of 70 beats every minute.
- Musa has a pulse rate of 75 beats every minute.

They want to find out how exercise changes their pulse rate.

a. Predict Maryam's pulse rate after exercise.

Click the correct answer.

50 55 60 70 75 80

b. Maryam does some exercise.

Musa does some exercise.

They want to compare their pulse rates.

What two things must they do to make this a fair test?

1.

2.

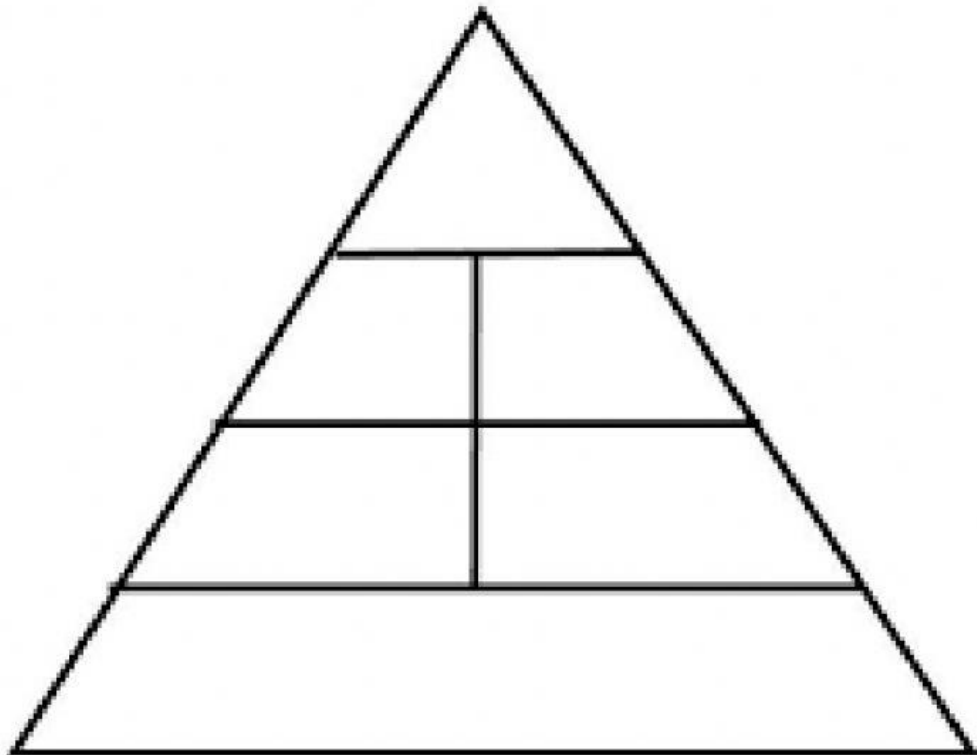
3. Fatih sorts these foods into groups. Help Fatih to sort these out into the right table.

Bean	Celery	French fries	Pear	Yoghurt
Grain	Cheese	cupcake	Wheat	Salmon

Carbohydrate	Milk & Dairy products	Food with a lot of Fat & sugary food	Meat, fish and pulses	Vegetable & fruit

4. Complete this pyramid food below.

Carbohydrate	Milk & Dairy products	Food with a lot of Fat & sugary food
	Meat, fish and pulses	Vegetable & fruit



5. Read these statements below and click if it is correct.

No	Statements	T/F
1	We will become weak if we not eat enough Carbohydrate	
2	Fruit can make us feeling good and vegetable can make us healing faster	
3	The main ingredients of Diary product is milk	
4	If we want to have a strong bones and healthy teeth we have to eat a lot of protein and fat	
5	Sugar give us energy like carbohydrate and fat can help us to absorb vitamin	

6. Look at these pictures below and choose which exercise are goods for make us flexible.



Run



stretching



swimming



yoga

Choose the correct answers.

7. If Your healthy you will

feel tired, lazy and dizzy

your body works well

can do all you wants to do

have a bad digestion

8. Ways to keep our body healthy.

Eat all of the food in a big amount

Drink water

have balance diet

Brush our teeth after eat

eat junk food

eat more meat than vegetable

9. Look at this calories list below.

 Popular Types of Snacks				
	Fat(g)	Carbs(g)	Prot(g)	Calories
Sweet Snacks (1 snack serving)				
■ Apple	0.23	19.06	0.36	72
■ Chocolate Creme Filled Snack Cake	7.26	30.15	1.70	188
■ Chocolate Chip Crisped Rice Bar	3.78	20.44	1.43	113
■ Cookie	2.14	6.90	0.54	49
■ Doughnut	10.51	21.62	2.62	190
■ Hard Granola Bar	4.95	16.10	2.52	118
■ Leather Fruit Bar	1.22	18.06	0.41	81
■ Licorice	0.01	10.29	-	41
■ Milk Chocolate Candy Bar	13.05	26.14	3.37	235
■ Soft Raisin Granola Bar	7.65	28.55	3.27	193
■ Taffy	0.89	9.20	0.09	44

- a. Based on the list above, which snack has the highest amount of calories?

- b. Moreover, which snack has the lowest calories?

- c. Which food that has the highest carbohydrate (carbs)?

- d. Choose 3 snacks which we have to eat less based on the list of amount **of fat** it has.

Taffy soft raisin granola bar cookie Doughnut

 Milk chocolate candy bar apple leather fruit bar

- e. If we need a lot of energy to do our activities, which the most suitable snack should we have?

Milk chocolate candy bar

soft raisin granola bar

Chocolate crème filled snack cake