

Name: _____ Date: _____

Unit 10: Healthy Lifestyle and Longevity - Homework Exercise

Exercise 1: Match the following vocabulary words to their definitions.

1. nutrition	a. the process of providing or obtaining the food necessary for health and growth
2. exercise	b. physical activity that is done to become stronger and healthier
3. hydration	c. the process of maintaining an adequate amount of water in the body
4. sleep	d. the condition of having enough rest and sleep
5. stress management	e. techniques and strategies used to control stress levels

Answers: 1+ _____ 2+ _____ 3+ _____
 4+ _____ 5+ _____

Exercise 2: Read the following paragraph and decide if the statements are True or False.

"Maintaining a healthy lifestyle is crucial for longevity. This includes regular physical exercise, a balanced diet rich in fruits and vegetables, staying hydrated, getting enough sleep, and managing stress effectively. These habits not only improve physical health but also enhance mental well-being."

1. Regular physical exercise is a key component of maintaining a healthy lifestyle. TRUE FALSE
2. A healthy diet should primarily consist of fast food and sugary snacks.
TRUE FALSE
3. Drinking plenty of water is important for staying hydrated. TRUE FALSE
4. Getting enough sleep does not significantly impact your overall health.
TRUE FALSE
5. Managing stress effectively is part of maintaining a healthy lifestyle.
TRUE FALSE