

NAME .....

DATE .....

- 1 This activity is good for the physical, mental and social health of these children.  
Match the reasons why by writing the letters in the boxes.

physical health ☐mental health ☐social health ☐

A They are proud  
of themselves.

B They are moving their  
bodies while they work.

C They are cleaning up  
their environment.

- 2 Circle the correct answers.

- Megan has a fever and a sore throat. She needs to go to the...

*health centre / hospital / emergency care services*

- In spring, James started to sneeze a lot and his eyes were sore.

The doctor said he had an allergy to pollen. An allergy is...

*an infectious disease / a non-infectious disease*

- 3 Complete the sentences using these words: *infectious, non-infectious*.

Germ, or pathogen, can cause ..... diseases.

..... diseases are not transmitted, so we cannot catch them.

- 4 Put the stages of an infectious disease in the correct order. Number 1, 2, 3.

**Symptoms:**  
We begin to feel the  
symptoms and signs  
of the disease.

**Convalescence:**  
Our immune system  
eliminates the germs  
and we recover.

**Infection:**  
Germs enter the body and  
reproduce. Our defence  
system is activated.

- 5 This child has a cold. What stage of the infectious disease is it? Write.



.....

## 6 Underline the correct word.

- Vaccines prepare the body to fight against certain infectious/non-infectious diseases.
- Vaccines do/do not cure or treat a disease.
- Vaccines are prepared with dead or weakened pathogens/mutations.
- When we are vaccinated, the pathogen enters the body and our nervous system/defence system is activated.

## 7 Circle the children who have healthy habits.



## 8 Complete the text using these words.

habits – hygiene – diet

Healthy ....., like physical exercise, a balanced ..... and leisure and rest, help us to keep healthy. In addition, good ..... helps to prevent infectious diseases because it reduces our contact with germs.

## 9 What do you need to do if someone has a minor burn with no blister? Tick the correct answer.

Run hot water on the burn for 1–2 minutes.  
Clean the burn gently.

Run cold water on the burn for 10–15 minutes.  
Clean the burn gently.

## 10 What is the emergency phone number to call if you see an accident? .....