



Nombre y apellidos:

Fecha:

SdA:

Curso:



1. Choose the correct answer.

- How often should you have a shower?
- When should you brush your teeth?
- You should sleep...
- How many glasses of water should you drink a day?
- How often should you exercise?

2. Match.

- | | |
|--------------------------|-----------------------|
| a. Carbohydrates | _____ energy |
| b. Proteins | _____ repair the body |
| c. Fats | _____ vitamins |
| d. Fruits and vegetables | _____ calcium |
| e. Dairy | _____ energy reserve |

3. Complete the sentences.

- A balanced diet provides the right amount of _____.
- _____ include proteins, carbohydrates and fats.
- _____ are vitamins and minerals.
- A _____ diet includes plant-based food and some animal products like eggs or milk.
- A _____ diet excludes all food from animal origin.

4. Correct the mistakes.

- Sneeze into a book. _____
- Wash your face after sneezing. _____
- Stay at home if you have a cold drink. _____
- Have regular parties with your doctor. _____
- Vaccines protect us from weather. _____

5. Classify.

Clean with water - Pinch the nose - Apply ice - Apply pressure - Elevate the leg

Cuts and scratches	Nosebleed	Sprained ankle
_____	_____	_____
_____	_____	_____

6. ¿True or false?

- a. You should share personal information online. _____
- b. You should respect age restrictions. _____
- c. It is good to limit screen time. _____
- d. You should talk to an adult before meeting online friends. _____
- e. You should use strong passwords. _____

7. Choose the correct answer

- a. You may be _____, making decisions for yourself.
- b. You are likely to be more _____.
- c. You may develop an interest in _____ relationships and new relationships with friends.
- d. You may feel frustration and _____, when you cannot do things well.
- e. Your feelings can change quickly (_____).

8. Complete.

- a. In puberty, your _____ change, and that may worry you.
- b. You may feel _____ or stress.
- c. It is important to talk about your _____.
- d. Everyone develops at a different _____.
- e. You begin to discover what is important to you and your _____.

9. ¿True or False?

- a. You should respect other people's opinions. _____
- b. You should use rude language when speaking. _____
- c. You should treat others differently than in real life. _____
- d. It is okay to share photos without permission. _____
- e. You should listen carefully when someone speaks. _____

10. Match

- | | |
|---------------------|--------------------------------------|
| a. Respect | _____ understanding others' feelings |
| b. Cooperation | _____ working with others |
| c. Empathy | _____ listening carefully |
| d. Communication | _____ treating others well |
| e. Active listening | _____ expressing ideas clearly |