



Semester
First
2024\2025

MAKING A
HEALTHY
BODY

Chapter 2

Class
Primary
3

Subject
Discover



Question 1

Choose the correct answer from the following options:

- 1- helps you think better and helps your body stay healthy and energetic
- A- Stay Active B- Eat Healthy C- Getting enough sleep D- Stay Positive and Calm
- 2- Skipping breakfast every morning
- A- Healthy habit B- Unhealthy habit
- 3- Primary school children need aroundhours of sleep every night
- A- 3 to 5 B- 4 to 6 C- 6 to 8 D- 10 to 12
- 4- Staying active can improve your mood and
- A- gives you nutrients your body needs B- help your body fight some illnesses C- help you focus on school D- helps your body stay healthy and energetic.
- 5- It can be stressful if you stare at a screen for too long
- A- True B- False
- 6- Staying positive can't improve your mood.
- A- True B- False
- 7- Some quiet activities are
- A- reading and taking a walk outside B- reading and watching Tv C- walk outside and playing video game D- playing video game and watching Tv
- 8- Stayingcan help your body fight some illnesses.
- A- negative and calm B- calm and sad C- positive and calm D- positive and sad
- 9-gives you nutrients your body needs and gives you energy to work
- A- Some quiet activities B- Healthy food C- playing video game D- Stay Positive and Calm





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10- Eating sweet snacks once in a while will not hurt you.

A- True B- False

11- Unhealthy food makes you feel sick and lazy.

A- True B- False

12- Sharing your feelings when you are sad or upset.

A- Healthy habit B- Unhealthy habit

Question 2 Choose from the column (A) the appropriate number from the column (B):

Column (A)		Column (B)	
is a choice we make every day or regularly		1	healthy food
Junk food		2	Healthy habit
Eating vegetables and fruits		3	Habit
vegetables, cereals		4	Is unhealthful food
Anger and worry		5	make you tired





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Food	Healthy	Unhealthy
		
		
		
		
		

بسملة
نلهمك لتبده ...!





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habit

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Food	Healthy	Unhealthy
	✓	
		✓
		✓
		✓
	✓	

بصحتك
نلهمك لتبديع ...!

