

MAKING A HEALTHY BODY

Chapter 2

Class Primary

Subject Discover



activities

Choose the correct answer from the following options: Question 1 1- .... helps you think better and helps your body stay healthy and energetic C- Getting enough D- Stay Positive and A- Stay Active **B- Eat Healthy** sleep Calm 2- Skipping breakfast every morning **B-Unhealthy** A- Healthy habit habit Primary school children need around .....hours of sleep every night 3-D- 10 to 12 A-3 to 5 B-4 to 6 C-6 to 8 4- Staying active can improve your mood and .... A- gives you B- help your body D- helps your body C- help you focus stay healthy and nutrients your fight some on school body needs illnesses 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 C- walk outside D- playing video B- reading and taking a walk and playing video game and watching watching Tv outside Tv game 8- Staying .....can help your body fight some illnesses. A- negative and C- positive and B- calm and sad D- positive and sad calm calm 9- .....gives you nutrients your body needs and gives you energy to work D- Stay Positive and A- Some quiet C- playing video **B-** Healthy food

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game

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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.

**B-Unhealthy** 

A- Healthy habit

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





MAKING A HEALTHY BODY Chapter 2

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Food	Healthy	Unhealthy
COLA		1
	(Miles	
		7



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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 D- Stay Positive and

sleep

Calm

2- Skipping breakfast every morning

**B-Unhealthy** 

A- Healthy habit

habit

Primary school children need around .....hours of sleep every night 3-

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

B- help your body

C- help you focus

D- helps your body

nutrients your

body needs

fight some

illnesses

on school

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

D- playing video

and playing video

game and watching

game

Tv

8- Staying .....can help your body fight some illnesses.

A- negative and

B- calm and sad

C- positive and

D- positive and sad

calm

calm

9- .....gives you nutrients your body needs and gives you energy to work

A- Some quiet

**B-** Healthy food

C- playing video

D- Stay Positive and

activities

game

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vegetables, cereals	1	4	Is unhealthful food
Anger and worry	5	5	make you tired





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Food	Healthy	Unhealthy
	<b>√</b>	
COLA		<b>√</b>
		<b>√</b>
	All Hilling	<b>√</b>
<i>5</i>	V	



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