

Practice Worksheet Students Book p.41

1. Tick (✓) the correct box beside each statement.

	True	False
Eating a healthy diet is good for our body.	✓	<input type="checkbox"/>
Eating sugary and oily food will make our teeth strong.	<input type="checkbox"/>	✓
We wash our hands and bathe to stay clean.	✓	<input type="checkbox"/>
We should exercise only once a month.	<input type="checkbox"/>	✓
We should rest when we are ill.	✓	<input type="checkbox"/>

2. Look at the pictures.

Circle the food items that should not be taken every day.



3. A group of students are talking about how to take care of the body.

Ayan: We need enough rest and sleep to be healthy and strong.

Kia: We should brush our teeth twice a week.

Rob: We should exercise a few times every week.

Sue: Sleeping five hours every night will give us enough energy to work and play.

Which **two** students are correct? Circle their names.

Ayan

Kia

Rob

Sue

4. Look at the sets of teeth below.

Which set of teeth belongs to a child? Which belongs to an adult?

Write child or adult under the correct picture.



child



adult

5. Which of the following are signs of illness?

Tick (✓) the correct pictures.



fever



writing



stomach ache



coughing

