

Science
Health and fitness
Book: Body Book
Pages 40-45

Students: Fill in the answers and return for assessment

Everything here is based on our Curriculum Visions Body Book.

In this segment, we are going to learn how to stay healthy and fit.

You will need to go to pages 40-41 of the book.

Part 1

In your own words, describe a healthy diet.

Answer ...

Students' own answers. Answers could include getting the nourishment and energy your body needs, getting a balanced combination of foods, eating a combination of foods so that you don't gain or lose weight, eating a range of foods, not eating a lot of foods from the top of the food pyramid, etc.

Now turn to pages 42-43 of the book.

Part 2

Why is it important to the muscles, heart, arteries and lungs to get exercise?

For the muscles:

For the heart:

For the arteries:

For the lungs:

Answer ...

For the muscles: without exercise, muscles will get weak and waste away.

For the heart: exercise strengthens the heart so it can pump more blood with each beat, and beat slower

For the arteries: exercise can prevent the arteries from becoming clogged up so that blood does not flow easily, and so can prevent high blood pressure (where the heart has to work harder to pump the blood)

For the lungs: exercise helps clear out the lungs

Now turn to pages 44-45 of the book.

Part 3

Choose a 'risk' such as smoking, substance abuse, drinking alcohol, etc. and describe why it is a risk and what the effects the risk has on the body.

Answer ...

Students' answers will vary with risk. Answers should include the negative effects on the body, such as addiction, illness, etc.

That is the end of this worksheet, and you can now turn to another one. Also, find out if your teacher has left you any other worksheets or special instructions on your school website.

If you are interested in this topic, continue to browse the book and watch our amazing videos. They start right on the book cover.

Or you may want to see related books. If so just go to the top of the screen, select science, and from the page that opens choose Body Book.