

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 ...

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 ...

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 ...

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.