



Instructions: Use the word bank to label the diagram. Read the Did you know? box. Number the 4 discoveries in order, tick True or False, match each word to its meaning, then write short answers.

Word bank (body parts): Balanced plate Brushing teeth Exercise Handwashing Sleep Sun protection Water

1. Label the diagram



Did you know?

- About 60% of your body is water.
- Tooth enamel is the hardest substance in your body.
- Children should be active about 60 minutes a day.



Tayo with his anatomy model

About this topic

2. Put the discoveries in order

Write 1 to 4 in the boxes (1 = first).

- | | |
|--|---|
| ☐ Lind shows citrus fruit prevents scurvy | ☐ Hippocrates teaches that diet and exercise affect health |
| ☐ Fluoride first added to drinking water to protect teeth | ☐ Nightingale improves hospital cleanliness |

3. True or false?

Carbohydrates give energy.	☐ True	☐ False
Sugary drinks are good for teeth.	☐ True	☐ False
Sleep helps the brain store memories.	☐ True	☐ False
Mental health is not part of health.	☐ True	☐ False

4. Match up

Write the letter of the right meaning in the box.

Nutrient	A. A nutrient that builds and repairs the body.
Carbohydrate	B. A substance in food that the body needs.
Protein	C. A nutrient needed in small amounts to stay healthy.
Vitamin	D. A nutrient that gives energy.

5. Short answers

- Name one food that contains protein.

- How many times a day should you brush your teeth?

- Give one way to stay safe in the sun.

- Explain in your own words: In your own words, explain what a balanced diet is and why it matters.

- Stretch: Explain why water, sleep and exercise are all important for your body.

