

Sağlık ve Zindelik Nedir?

Çalışma Kağıdı

Health and fitness, genel sağlığımızı ve bedenimizin iyi durumda olmasını ifade eder. Düzenli egzersiz yapmak ve dengeli beslenmek, zinde kalmamıza yardımcı olur.

Sorular

1. Which of the following is a key part of 'health and fitness'?

- A) Eating only sweets
- B) Watching TV all day
- C) Regular exercise and balanced diet
- D) Avoiding all physical activity

2. What is an example of 'physical activity'?

- A) Sleeping
- B) Reading a book
- C) Playing a sport
- D) Watching a movie

3. Limiting which of the following is good for healthy eating?

- A) Fruits and vegetables
- B) Whole grains
- C) Sugary drinks
- D) Lean proteins

4. What does 'healthy eating' mean?

5. Why is exercise important for fitness?

6. How can we stay fit in daily life?

7. Tanımla: Healthy eating

8. Tanımla: Regular exercise

9. Tanımla: Physical activity

Cevap Anahtarı

1. C) Regular exercise and balanced diet — Saęlık ve zindelięin temelinde dzenli egzersiz ve dengeli beslenme yatar.
2. C) Playing a sport — Spor yapmak, fiziksel aktiviteye iyi bir rnektir.
3. C) Sugary drinks — Saęlıklı beslenmede řekerli iecekleri sınırlamak nemlidir.
4. Healthy eating means consuming a balanced diet with fruits, vegetables, whole grains, and lean proteins, while limiting processed foods, sugary drinks, and unhealthy fats.
5. Exercise strengthens muscles and bones, improves cardiovascular health, helps manage weight, and boosts mood, all contributing to overall fitness.
6. We can stay fit by incorporating physical activity into our routines, such as walking, cycling, playing sports, and taking the stairs instead of the elevator.
7. Dengeli ve besleyici gıdalarla beslenme.
8. Vcudu gl ve zinde tutmak iin dzenli fiziksel aktivite.
9. Kořma, yzme, bisiklete binme gibi bedensel hareketler.

Bounlu

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