

Sağlık ve Zindelik Nedir?

Çalışma Kağıdı

Sağlık ve zindelik, hem fiziksel hem de zihinsel olarak iyi hissetmek, hastalıklardan korunmak ve enerjik bir yaşam sürmektir.

Sorular

1. Which of these is a healthy food?
A) A. Candy
B) B. Apple
C) C. Soda
D) D. Chips
2. What does 'fitness' mean?
A) A. Being able to sleep all day
B) B. Being physically active and healthy
C) C. Eating only sweets
D) D. Watching a lot of TV
3. Why is drinking water important?
A) A. It makes you tired.
B) B. It helps your body work properly.
C) C. It's not important at all.
D) D. It tastes bad.
4. What are the benefits of regular exercise?
5. Why is a balanced diet important?
6. How can we stay fit and healthy?
7. Tanımla: Healthy Food
8. Tanımla: Exercise
9. Tanımla: Sleep

Cevap Anahtarı

1. B) B. Apple — Apples are fruits and provide vitamins and fiber, making them a healthy choice.
2. B) B. Being physically active and healthy — Fitness refers to being in good physical condition, which includes being active and healthy.
3. B) B. It helps your body work properly. — Water is essential for many bodily functions, including digestion, temperature regulation, and transporting nutrients.
4. 1. Makes your heart stronger. 2. Helps you maintain a healthy weight. 3. Improves your mood and reduces stress. 4. Gives you more energy.
5. 1. Provides your body with essential nutrients. 2. Helps prevent diseases like obesity and diabetes. 3. Gives you energy to play and learn. 4. Keeps your immune system strong.
6. 1. Eat plenty of fruits and vegetables. 2. Drink enough water every day. 3. Exercise regularly, like playing sports or dancing. 4. Get enough sleep each night. 5. Avoid unhealthy foods like too much sugar and fat.
7. Foods that are good for your body, like fruits, vegetables, and whole grains.
8. Moving your body regularly to stay strong and healthy.
9. Resting your body and mind, usually at night.

Bounlu

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