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الـملف Worksheet about Physical and mental and social health

[Almanahj Website](#) → [American curriculum](#) → [4th Grade](#) → [Physics](#) → [Term 1](#) → [The file](#)

More files for 4th Grade , Subject Physics , Term 1

Worksheet about Physical Education Exam	1
Worksheet about Physical Education Exam	2
Worksheet about Physical description	3
Worksheet about US physical feature	4
Worksheet about Several exercises on physical description	5
Worksheet about Physical changes	6
Worksheet about the vocabulary of physical description in sentences.	7

HEALTH IS WEALTH

Instructions: Match the rule to be healthy to each picture.

Eat healthy food. Take more portions of fruits and vegetables. Don't eat lots of junk food. If you feel hungry between meals, eat an apple or a banana.



Drink lots of water. Your body consists of 70% water, so you need lots of water to stay healthy. Drink at least 8 glasses of water everyday. Avoid sugary drink.



Get enough sleep. Your body need enough rest everyday. Adults need 7 to 8 hours of sleep every night and children need more. Don't stay up late and be tired the next day.



Do some exercise at least 3 times a week. You can go for a walk, swimming or play football. It makes you strong and good for your heart. You will also have a fit body.



IMPORTANCE OF HEALTHY LIFESTYLE

Drag and drop into correct box.

Start to drag from left to right starting from row number 1

- | | | | |
|---|------------------------------|-------------------------------|-----------------------------|
| 1 | Good cardiovascular function | Helps to be more active | Develop sense of belongings |
| 2 | Good social interactions | Have positive body image | Maintain ideal weight |
| 3 | Better approach to tasks | Reduce anxiety and depression | Feel more happy with life |

PHYSICAL

MENTAL

SOCIAL

