

Body, health and lifestyle

Individual assignment



Task 1: Write the correct term next to the correct explanation.

health	mental health	lifestyle
motor development	immune system	needs
mastery	stress	chronic disease

1. _____ is a disease that you have for your entire life.

2. _____ is when children learn to control new movements.

3. _____ is the thoughts and feelings you have inside you.

4. _____ are something that is necessary for someone.

5. _____ is how you live your life.

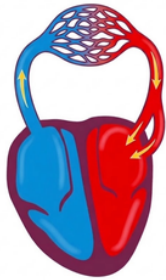
6. _____ is well-being for body and soul.

7. _____ is when you handle tasks and challenges in a good way.

8. _____ is when you have a lot of tension in the body.

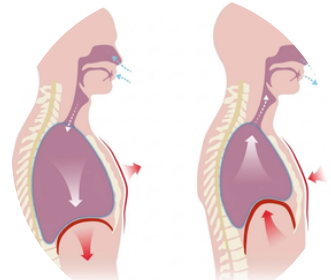
9. _____ is the body's defence against disease.

Task 2: Draw a line between the correct term and the picture.



the pulmonary circulation

the systemic circulation



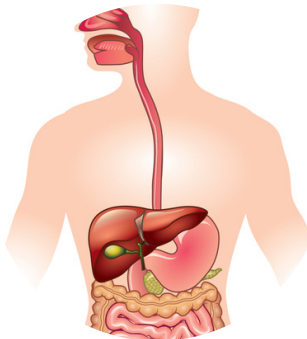
digestive system

circulatory system



diabetes

overuse injury



diet

respiration



Task 3: Write the explanation.

a) Find the term «functional ability».
Write the explanation.



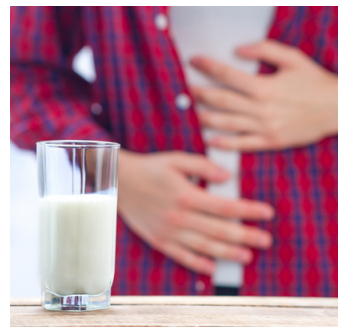
b) Find the term «self-esteem».
Write the explanation.



c) Find the term «self-confidence».
Write the explanation.



d) Find the term «food intolerance».
Write the explanation.



e) Find a term you did not know before.
Write the term and the explanation.

Task 4: Write a text.

- Write a simple text of 150-300 words.
- Use 10 terms or more.
- Choose task a) or b).

a) How can a good diet and a healthy lifestyle contribute to good health?

Examples of terms you can use:

health, lifestyle, needs, diet, nutrition, fat, carbohydrates, proteins, vitamins, immune system, stress, motivation, mastery, mental health



b) How do the body's organ systems work together to make the body function?



Examples of terms you can use:

the pulmonary circulation, the systemic circulation, circulatory system, digestive system, respiration, immune system, diabetes, cardiovascular diseases, chronic disease, functional ability, motor development