



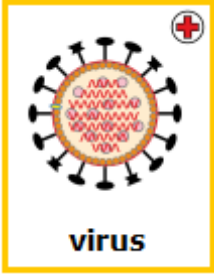








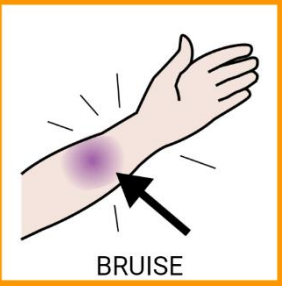


NATURAL SCIENCE UNIT 4- WE KEEP HEALTHY



UNIT VOCABULARY

 <p>HEALTH</p>	 <p>WELLBEING</p>	 <p>HEALTH CENTRE</p>	 <p>ILL</p>	 <p>virus</p>
 <p>DISEASE</p>	 <p>CHECKUP</p>	 <p>VACCINATION</p>	 <p>HYGIENE</p>	 <p>WASH</p>
 <p>EMERGENCY NUMBER</p>	 <p>INJURY</p>	 <p>FIRST AID</p>	 <p>BRUISE</p>	



HEALTH

Health is a state of:

- **Physical wellbeing:** the body functions **correctly**.



- **Mental wellbeing:** you feel **happy** with yourself.



- **Social wellbeing:** the **place** where we live the **family** we have are right for me.

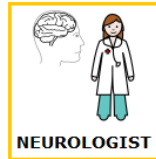


HEALTH CARE SYSTEMS

We have different services in the Spanish public health system.



- **Primary health:** when we feel ill we go to the health centre.



- **Hospital care:** if we need a specialist treatment.



- **Emergency care services:** if we need a doctor urgently.



People pay taxes and thanks to that we have this public service.

ACTIVITY 1



Write the name of the 3 states of wellbeing.

1.



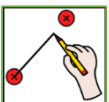
2.



3.



ACTIVITY 2.



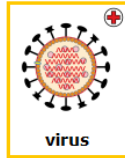
Match the health service with the illness.

- Primary health
- Hospital care
- Emergency service

- a) we need a doctor urgently.
- b) we feel ill with a cold.
- c) we need a neurologist.



TYPES OF DISEASES



➤ **Infectious diseases:** **Germs** and **viruses** causes infectious diseases.

cuts in the skin



Germs and viruses enter our body through:

when we breathe



contaminated food and water

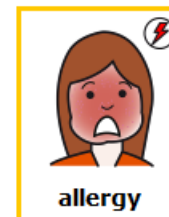


➤ **Non-infectious diseases:** they don't spread (no se propaga).

accidents



allergies



The can be

cell mutation

mental health

ageing



poor diet



ACTIVITY 3



Cut and paste. Classify if the disease is infectious or non-infectious.

INFECTIOUS	NON-INFECTIOUS

ACCIDENTS

VIRUS

AGEING

GERM

MENTAL HEALTH

ALLERGIES

COVID-19



WE KEEP HEALTHY

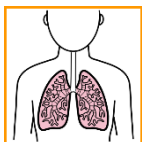


Medical **check-ups** and **vaccinations** help us keep healthy and reduce the risk of disease.

Examples of healthy habits:

PHYSICAL EXERCISE

It is good for the respiratory system.



It makes our muscles and bones stronger.



A BALANCED DIET

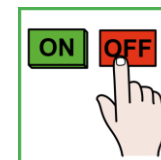
Eat fruit and vegetables every day.



Avoid processed foods like cakes and fast food.

LEISURE AND REST

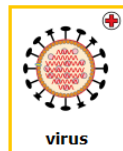
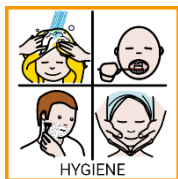
Turn off the TV and tablet before bedtime.



Do leisure activities with

friends.





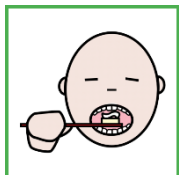
GOOD HYGIENE

A good hygiene helps to prevent infectious diseases.

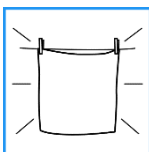
Some of the things we can do to have a good hygiene are:



- Wash your hands.



- Brush your teeth.



- Keep the house clean.

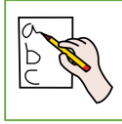


- Make sure the water is drinking water.



- Wash kitchen utensils, fruit and vegetables.

ACTIVITY 4



Read the sentences and **write** *TRUE* or *FALSE*.

- a) If I am in my sofa my muscles are stronger. _____
- b) For a good hygiene I need to wash my teeth. _____
- c) A good hygiene helps us to prevent non-infectious diseases. _____
- d) Processes food like cakes and fast food are good for you. _____
- e) It is good for you to turn off the TV before bedtime. _____

ACTIVITY 5



Draw.

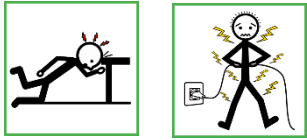
A food good for a healthy diet.



An activity good for your muscles and bones.



WE CAN HELP



When we see an **accident**:



Call 112



Ask an adult for help.



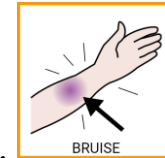
We can also do first aid when the accident causes minor injuries.



- **Wound**: press the wound firmly.



- **Bruise**: apply ice cubes.



- **Burns**: run cold water on the burn.



We can **prevent** accidents:



Use all the protections when you do a sport.



Drink plenty of water when is hot.



Never play with medicines.



Don't run in the kitchen.

ACTIVITY 6



Complete the sentences.

first aid	ice cubes	112	protections	medicines	water
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- When we see an accident we call _____.
- We drink plenty of _____ when it is hot.
- Use all the _____ when you do a sport.
- We do _____ when it is a minor injury.
- When we have a bruise we apply _____.
- To prevent an accident never play with _____.