

Alhamd Educational system

Online classes

- 1** Explain why some people can keep fit by just walking yet others need lots of running around.
- 2** What does good health mean?
- 3** Give three ways by which you can ensure good health.

Page 61

1. Adults don't grow further. Their bodies may become fat. They need to exercise to maintain a healthy body. Children are growing so they need more food and energy and hence they need to exercise more.
2. Good health is when you feel good both physically and mentally.
3. We can ensure good health by:
eating a balanced diet
exercising regularly
not abusing our body with drugs.

- 1** How much does a human eat and drink in a year?
- 2** What should a balanced diet contain?
- 3** Give one danger of eating too much salt.
- 4** a) What is fibre?
b) Why is fibre important in the diet?

Page 62

1. Each year a human being eats over 1 tonne (1000 kg) of food and drinks about 500 litres of liquid.
2. A balanced diet should contain:
 - foods that provide energy
 - foods that provide building materials
 - foods that control chemical reactions
 - foods that contain dietary fibre.
3. Too much salt can cause high blood pressure.
4.
 - a. Fibre or roughage is made up of plant cells which pass through the digestive system, without being digested and absorbed.
 - b. Fibre is important because it gives the muscles in the walls of the digestive system something to push on. Food containing a lot of fibre helps prevent constipation and other disorders of the digestive system such as piles.

Thank u

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