

1874 Nasinu Sangam School

Year 8

Healthy Living

Worksheet 1

Question 1

1. What can families do to overcome poverty?
2. List two ways of keeping our heart healthy.
3. State two functions of blood.
4. List two effects of lack of regular exercise?
5. What is the function of cerebrum?

Question 2 True / False

1. The green house effect can be reduced by cutting mangrove trees from large areas of land.
2. Pollution destroys marine life.
3. Plastic bags cannot decay.
4. Trees help soil erosion.
5. Animals and human beings are interdependent.
6. The best way to dispose vegetable peelings is to put it in the compost.

Question 3

1. Your neighbours have a habit of throwing rubbish in the nearby creek. What advise would you give to them?
2. List two ways to protect marine eco-system.
3. What is teenage pregnancy?
4. What are some of the consequences of teenage pregnancies?
5. How can teenage pregnancies be prevented or reduced?

6. What advice would you give to a teenage mother who has dropped out from school and is going through financial difficulties?

