

**Nadroga Sangam School**  
**Year 8**  
**Healthy Living**  
**Worksheet 1 2021**

**Fill in the Blanks**

People who are able to \_\_\_\_\_ back live longer. They have better health and happier \_\_\_\_\_, leading to success in schools and at work. Mentally and \_\_\_\_\_ healthy people have the ability to step forward and accept \_\_\_\_\_, as well as step back and \_\_\_\_\_ themselves. Non-Communicable Diseases are not \_\_\_\_\_ from one person to another. It is a type of \_\_\_\_\_ that has been with a person for a long period of time and develops very slowly in the \_\_\_\_\_ of that person.

relationships emotionally bounce health re-energise passed body challenges illness nutritious
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**Short Answers**

(a) Give one way of keeping your respiratory system healthy.

\_\_\_\_\_

(b) Why is first aid needed immediately when a person has choked and stops breathing?

\_\_\_\_\_

(c) Give one reason why people do community service.

\_\_\_\_\_

(d) Why is physical exercise necessary for everyone?

\_\_\_\_\_

(e) Why is abstinence the best way out?

\_\_\_\_\_

(f) State one acceptable behaviour in a group.

\_\_\_\_\_

(g) What should you do first when you are injured in school?

\_\_\_\_\_

(h) What is the best way of disposing food rubbish?

\_\_\_\_\_

(i) Why is home gardening important?

\_\_\_\_\_

(j) Identify one world environmental issue

\_\_\_\_\_