

Nadroga Sangam School
Year 8
Healthy Living
Worksheet 1 Solutions 2021

Fill in the Blanks

1. bounce
2. relationships
3. emotionally
4. challenges
5. re-energise
6. passed
7. illness
8. body

Short Answers

- (a) Exercise regularly, do not stay in dusty places, do not smoke, drink a lot of water, wash your hands regularly.
- (b) To prevent brain damage and death.
- (c) To give back to their community, to make the world a better place to live in.
- (d) To keep us healthy, to prevent diseases
- (e) It gives 100 percent protection against teenage pregnancy and Sexually Transmitted Infections.
- (f) Teamwork, trust, love
- (g) Report it to your class teacher.
- (h) Composting
- (i) It keeps us healthy, it saves money, it gives us nutritious food.
- (j) Climate change, Global Warming, Green House Effect, Air Pollution