

# 9B Fit and healthy

## Extension questions

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Answer the following questions:



Click mouse to reveal answer

- Q1. What word means to be physically strong and healthy?
- Q2. What word means to be in good physical condition?
- Q3. Name a drug found in beer, wine and spirits?
- Q4. What do we call the process of burning tobacco and inhaling the products?
- Q5. Name a drug found in cigarettes and cigars?
- Q6. What do we call a chemical found in vegetables, fruit and cereals that help your body to work efficiently?
- Q7. What do we call an element needed to make some body chemicals?
- Q8. What do we call the hair shaped structures in the nose that trap dust before it reaches the lungs?
- Q9. Name a respiratory disease causing shortness of breath, often due to smoking?
- Q10. Name the condition where somebody is unable or unwilling to stop doing something, despite the harmful consequences?
- Q11. What do we call the absence of certain minerals or vitamins?
- Q12. What do we call the flow of blood around the body?
- Q13. Name the muscular organ that pumps blood around the body?
- Q14. Name the organ that cleans the blood?
- Q15. Name the substance produced in the liver that emulsifies fat and neutralises stomach acid?
- Q16. Name the organ in the digestive system that produces bile?
- Q17. Name the muscular organ used in breathing?

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### Answers:

- A1. Fit
- A2. Healthy
- A3. Alcohol
- A4. Smoking
- A5. Nicotine
- A6. A vitamin
- A7. A mineral
- A8. Cilia
- A9. Emphysema
- A10. Addiction
- A11. A deficiency
- A12. The circulation
- A13. The heart
- A14. Kidney
- A15. Bile
- A16. The liver
- A17. The diaphragm

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multiple choice

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1: What is the main cause of lung cancer in the UK ?

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- A Abusing solvents
  - B Fighting
  - C Smoking
  - D Drinking fizzy drinks
- 

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2: What are three out of five 'Ss' of athletic performance ?

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- A Speed, strength and stamina
  - B Sprinting, stopping and skill
  - C Starting, suppleness and stopping
  - D Showering, swimming and shouting
- 

---

3: What disease is most likely to affect some who eats a high fat diet ?

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- A Diabetes
  - B Lung cancer
  - C Obesity
  - D Cancer
- 

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4: What increases the efficiency of the heart and lungs ?

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- A Regular TV watching
  - B Regular saunas
  - C Regular exercise
  - D Regular brushing of teeth
-

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  - B
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  - D
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Answer all the questions below:



1) Unscramble the following words:

gesioditn

isporatiren

ixeserce

sinmkgo

2) Make three sentences using the following nine words or phrases:

respiratory system  
digestive system  
cellular respiration

exchange oxygen  
provides the body  
breakdown of

carbon dioxide  
nutrients  
glucose in cells

3) Match the word or phrase with the right meaning:

Drug

Caused by excessive intake of food

Obesity

The breakdown of glucose using oxygen inside all cells

Aerobic respiration

A chemical that alters the way the body functions

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### complete the sentence

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Place the right word or words to complete the sentence:

 [Click mouse to reveal answer](#)

diet

smoke

energy

fit

toxin

improve

grow

oxygen

drugs

- a) A balanced \_\_\_ gives you all the correct amounts of nutrients, vitamins, minerals, fibre and water that you require.
- b) You need to eat a balanced diet so you can \_\_\_\_ properly and remain healthy.
- c) The lungs take in \_\_\_\_\_from the air and take out carbon dioxide from our blood.
- d) Respiration releases \_\_\_\_\_from the breakdown of glucose using oxygen.
- e) To stay\_\_\_you must eat a low fat diet and take regular exercise like jogging.
- f) Nicotine, alcohol and heroin are examples of harmful \_\_\_\_ .
- g) A drug or \_\_\_\_ is a chemical that alters the way your body works.
- h) Exercise can \_\_\_\_\_your fitness by making your heart and lungs more efficient.
- i) Women who \_\_\_\_\_ during their pregnancy have babies with a lower birth weight.

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### complete the sentence

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