

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

Answer all the questions below:

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digestion

respiration

exercise

smoking

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9B Fit and healthy

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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- i) Women who smoke during their pregnancy have babies with a lower birth weight.