



# Musaeus College

Study Pack 2 / Week 2 /March 2020

Grade: 07

Subject: Health Education

Medium: English

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## Lesson 1: Let us develop healthy eating habits

### Work sheet

1. List the food sources that are rich in fibre.
2. State the benefits of including fibrous food in our diet.
3. Write the importance of drinking pure water in required amounts,
4. Name the diseases you get due to drinking impure water.
5. How do you find the required amount of water you should drink per day?
6. How do you lose water from the body?
7. Write some ways that you can drink more water.
8. Name the things you have to keep in mind planning your meal.
9. State the unhealthy food you should avoid to lead a healthy life.
10. Write the factors of the personal hygiene of a person that should consider when preparing meals.

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