

<b>CHAPTER 6</b>	<b>Name:</b>
<b>FOOD AND HARMFUL SUBSTANCE</b>	<b>No.</b>

1. Write the letter of the correct answer in the box.

Go Food

Glow Food

Grow Food

calcium

iron

- a. Helps to build our body and repair injured cells and muscles.
- b. Give us energy to work and play.
- c. Help us grow, develop, and stay healthy
- d. Is good for our blood.
- e. Is necessary for healthy teeth and bones.

2. Match to complete the sentences below.

Drugs 0

0 Contain harmful substances such as nicotine and tar

Cigarettes 0

0 such as beer and wine contain alcohol that can make people drunk

Alcoholic drinks 0

0 use drugs for wrong purposes.

Drug abuser 0

0 are chemicals that can change your body works and behaves

Unhealthy food 0

0 make us overweight and lead to obesity.

# Hlth 5quiz 2 Answers

**M Walker**



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