

Class: VI-VIII

Health Awareness

Materials Designed by BRAC University Centre for Languages (BU-CfL)

**A.** Tapu reads in class seven. He has just come back from the school. Read the conversation between Tapu and his mother:

Mother..... I am back home.

Great! Aren't you hungry my dear?

**Tapu** : Yes, very much. I had only pickle and some fuchkas.

**Mother**: Oh no! From roadside! They are very dangerous.

**Tapu** : But they were tasty.

**Mother**: I know... but they are open to dust and germs. Anyway, did you wash your hands after coming back from school?

**Tapu** : Oops! I forgot.

**Mother**: You should always wash your hands after coming back from outside.

**Tapu** : Okay. I have washed my hands. Can I have some food now?

**Mother**: Good. Have this guava first and do not forget to wash it before eating.

**Tapu** : Alright. Only guava? What is for lunch?

**Mother**: Vegetables and small fish.

**Tapu** : Oh mother! I do not like them.

**Mother**: They are good for your health. Especially, for your eyes.

**Write True or False beside each of the following statements:**

- Eating roadside food is good for our health. -----
- Washing hand is a healthy habit. -----
- We should try to protect ourselves from harmful germs. -----
- Washing fruit before eating is not important. -----
- Green vegetables are essential for our eyes. -----

**B.** How much do you know about the human body? Do you know the functions of different organs?

Read the clues and form the words in the gaps:

1. This is inside your head. It controls your body.

B \_ \_ \_ \_ I \_ \_ \_

2. Your skeleton is made of .....

\_ \_ \_ O \_ \_ \_ S \_ \_ \_

3. This is inside your chest. It moves blood around your body.

H \_ \_ \_ \_ T \_ \_ \_

4. These are inside your chest. You need them to breathe.

\_ \_ \_ N \_ \_ \_ S \_ \_ \_

5. This is the hardest part of your body.

\_ \_ \_ E \_ \_ \_ H \_ \_ \_

**C.** Match the ideas from the table below to know some useful health tips:

- |  |   |
|--|---|
| 1. If you want to keep yourself healthy,         | use a new syringe every time.                               |
| 2. If you want to protect yourself from dengue,  | use an umbrella or a cap.                                   |
| 3. If you need an injection,                     | change the water of the flower vases, pots etc. frequently. |
| 4. If you have to walk a long way under the sun, | clean it after using it.                                    |
| 5. If you want to keep the toilet hygienic,      | eat a lot of green vegetables and fresh fruit.              |

Learning Objectives:

- Sentence Construction
- Vocabulary
- Dialogue Writing
- Critical Thinking

Adapted from

British Council Website

**D.** Look for the following words in the puzzle:

ACTIVE, FUN, JUMP, RUN, BICYCLE, MOVE, WALK, DANCE

Y	D	M	O	V	E	J	P	N	G
I	G	E	C	J	Y	E	Y	I	J
D	M	A	Z	P	C	J	U	M	P
E	R	M	P	V	Z	J	M	Z	F
A	B	I	C	Y	C	L	E	I	Q
A	C	T	I	V	E	R	D	T	A
J	L	P	E	F	U	N	A	H	R
W	A	L	K	P	Y	X	N	Z	U
L	M	Q	R	R	B	G	C	M	N
C	L	F	Q	J	I	I	E	X	Y

**E.** See the pictures and fill in blanks with the names of the activities. The first one is done for you.



Walking is beneficial to our health.



..... is a very good exercise.



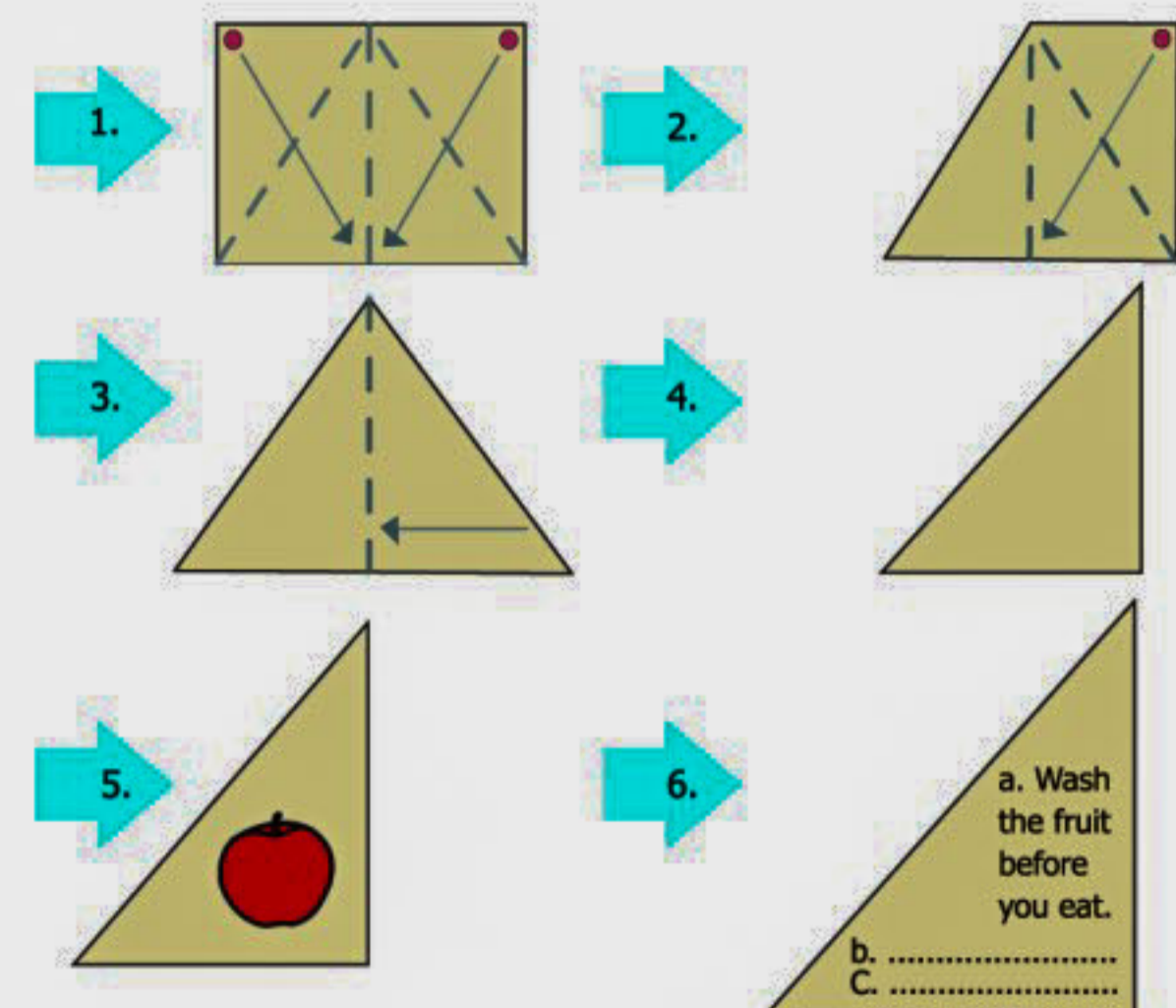
..... outside helps us to have a strong body.



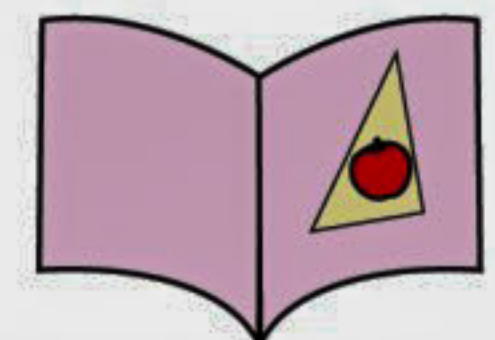
..... early is also important for sound health and mind.

**F.** Make a book marker to remember health tips:

- Take a square paper.
- Take the top left corner and fold it to the centre of the bottom.
- Now fold the top right corner to the centre of the bottom.
- In this way you will get a triangle.
- Draw the pictures of the fruit you like on one side of the triangle.
- Write a few health tips on the other side of the triangle.



Now your book marker is ready to use



## NO MOBILE PHONE WHILE DRIVING

Road accidents occur frequently when distracted. Talking over cell phone or texting while driving causes distraction and thus invites accident.

Never use mobile phone while driving.



আপনার সচেতনতাই আপনার শক্তি, জ্বলে উঠুন আপন শক্তিতে