

**MINISTRY OF EDUCATION, HERITAGE AND ARTS
YEAR 8 HEALTHY LIVING
REVISION WORKSHEET 2**

Write the answers to the following questions in your exercise/activity books.

I. Matching (7 marks)

Match each word in List A with the correct definitions in List B.

List A

1. Sodium
2. Fat
3. Protein
4. Carbohydrates
5. Vitamins
6. Minerals
7. Cholesterol

List B

- A. Examples include calcium and ions.
- B. Builds muscles, bones and teeth.
- C. Too much of these can lead to heart attack and stroke.
- D. Has two kinds, saturated and unsaturated.
- E. Balances the fluids in the body and has another name.
- F. Provides energy for muscles and brains
- G. Many types of these help improve overall health.

II. Paragraph Writing (5 marks)

Write a paragraph using 100 words on **Living a Healthy Lifestyle**.

The End