

**MINISTRY OF EDUCATION, HERITAGE AND ARTS
YEAR 8 HEALTHY LIVING
REVISION WORKSHEET 3**

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

I. Short Answer Questions (5 marks)

1. What are hormones?
2. Define resilience.
3. Name one behavior that one will have to perform to keep one safe while travelling in a boat.
4. What is puberty?
5. What is a balanced diet?

II. Fill in the blanks (7 marks)

Complete each sentences by using **one** word from the **word list**.

Word List

| | | | |
|-----------------|------------|-----------|-----------|
| recycles | Dishonesty | sleep | Diet |
| recommendations | insulin | breathing | seat belt |

1. Inhaling oxygen and exhaling carbon dioxide is known as _____.
2. _____ will definitely turn a good relationship into a failed one.
3. When travelling in a car, always wear a _____.
4. Compost _____ minerals.
5. For good mental health, it is desirable to have good hours of _____.
6. We identify unsafe areas and make _____ to our teachers.
7. People with high blood sugars do not have _____ in their blood.