

Printable Test 3

Chapter 2: The Human Body and Health

The Importance of Exercise

Name: _____	Date: _____
Class: _____	Marks: _____ / 20

A. Choose the best answer.

1. Exercise makes the heart (stronger / weaker).
2. Exercise helps lungs take in more (oxygen / sugar).
3. Running and jumping help make bones (stronger / softer).
4. Exercise can help us think more (clearly / slowly).
5. Children need at least (60 minutes / 10 minutes) of activity daily.

B. Fill in the blanks.

1. Exercise makes our _____ work harder.
2. A strong heart pumps more _____ around the body.
3. Exercise strengthens muscles and _____.
4. Exercise can make us feel happier and less _____.
5. Children should be active for at least _____ minutes daily.

C. Match. Draw a line to the correct answer.

- | | |
|------------|-------------------------|
| 1. Heart | a. better concentration |
| 2. Lungs | b. stronger pump |
| 3. Muscles | c. deeper breathing |
| 4. Bones | d. stronger movement |
| 5. Brain | e. stronger support |

D. Answer.

1. Name two examples of exercise.

2. How does exercise help your lungs?
