

C 5.2 A WEEK IN MY LIFE



C 5.2.5.

We classify and differentiate between activities that keep us healthy and those which are detrimental to our health.

A. Read, and then answer.

In the section C 5.2.1 we had kept a diary over a seven day week. These are Felicienne's results, a student in year 5 of Primary school.

	Activity	Time
1.	Homework	12 hours
2.	Helping with housework: Washing of plates, Saturday cleaning, errands	10 hours
3.	Free time at home: Playing inside, television, playing on computer	15 hours
4.	Reading in Maltese and in English	8 hours
5.	Training with the village netball team	3 hours
6.	Religious activities: mass, attendance at the Youth Centre	8 hours
7.	Sunday picnic with the whole family.	5 hours
8.	Visits and help given to grandparents of both sides of the family, mother's as well as father's	4 hours
9.	Sleep	56 hours

Answer.

1. Mention an activity which Felicieanne took part in, which definitely helps her to stay healthy. Say why you think so.

2. Name an activity from Felicieanne's diary, which if done over a long period of time, could deteriorate Felicieanne's health. Say why you think so.

3. Felicieanne, in a week slept for 56 hours. This is 8 hours per day. Do you think this helps her to stay healthy? State why.

4. There is no doubt that physical activity helps us keep fit. What physical activity did Felicieanne do? How long did she spend on this activity?

B. Answer by writing TRUE or FALSE.

1.	Sports help us to be healthy.	
2.	If we are never active, our health deteriorates.	
3.	Vegetables and fruit are beneficial to our health.	
4.	We are still young, so it is important that we eat sweets daily.	
5.	Whether you wash your teeth or not, they will still go bad.	
6.	When I use my bicycle I would be aiding my health.	
7.	We should only take medicines on the advice of the doctor.	
8.	It is better if we do not take vaccines against dangerous diseases, because they are not worth the pain caused through injections.	
9.	We should avoid eating junk-food as much as possible because this is harmful if consumed in great quantity.	
10.	It is better to take precautions to avoid getting sick, rather than first getting sick and then taking medication.	

C. Learning through stories and nursery rhymes.



Here we find a story which teaches us how to live healthy. We see that to live healthily it is very important that:

- ❖ We eat healthy food such as vegetables, milk, nuts and grains
- ❖ We stay active rather than sitting down all the time

Press here: <https://www.youtube.com/watch?v=fE8lezHs19s>

<http://primarysocialstudies.skola.edu.mt/schoolnet/taqbiliyet/kantastorja/7-nghixu-f-sahhitna.htm>

Answer TRUE or FALSE with the help of the nursery rhymes we learnt:

1.	We must get used to eating everything, especially vegetables and fruit.	
2.	Milk is beneficial to both adults and children.	
3.	No matter what you eat, you will only live as long as you are meant to.	
4.	Nuts and grains contain many nutrients which are beneficial to our health.	
5.	We should never eat nuts as we might choke.	
6.	Soup, pies, macaroni and minestra are traditional Maltese food which is very healthy.	
7.	Stew is another Maltese traditional dish which is very healthy.	
8.	Exercise keeps us fit and healthy.	

D. Staying active in class.

We learn this song and we move to its rhythm and its lyrics: Lift your arms, touch your shoulders.

<https://www.youtube.com/watch?v=agLbkgEQabs>

<http://youtu.be/EVXlnRkeuhk>



E. Write RIGHT or WRONG

1. Pawlu goes to museum by bicycle rather than by car. _____
2. Marija spends a lot of time playing on computer. _____
3. Ġanni only likes eating sweets, he does not like vegetables. _____
4. In school we do a lot of sport. _____
5. Sitting for long periods of time is good for us. _____
6. My mother cooks a lot of vegetables, fish and chicken. _____