

Keeping up good health



Observations

You are a human. You need food and water to stay alive. You also need exercise, which keeps you fit. When your body is healthy, it can move easily. When you exercise hard, your body sweats. Sweat is mostly water. It helps to keep you cool.

Science activity

Place a check mark (✓) by each activity that can make you sweat a lot.

Science exploration

Ⓜ Take extra care - ask an adult to supervise you.

Make a prediction about how exercise will affect your breathing. (1) Count how many breathes you take in 60 seconds. (2) Run in place for one minute. Repeat (1). Were you correct?