**Health Scavenger Hunt – World Book Kids**

Learn more about staying healthy on the World Book Web.

**Find It!**

1. What is health?

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3. What is a healthy diet?

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4. Why is sleep important?

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5. What is emotional health? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Did you know?**

* Health is not just about being physically healthy. Taking care of our feelings and emotions, is an important part of being healthy.
* The human body has ways of protecting health, called the immune system.
* Immunisations or vaccinations help protect the body from some diseases.

**Learn More!**

* Learn more about the immune system here:

<http://www.worldbookonline.com/kids/home#article/ar831018>

* Learn how vaccines prevent disease by watching this short video:

<http://www.worldbookonline.com/contents/common-content/wbe-content/vd/tb/vd000916.mp4>

* Learn more about the benefits of being physically fit here:

<http://www.worldbookonline.com/kids/home#article/ar831763>

**Answer Key**

1. Health is the state of a person’s body, mind, and feelings.
2. Have a balanced diet, exercise, sleep, avoid germs, and go to the doctor and dentist for check-ups.
3. Eating a variety of foods and not eating too much or too little.
4. Sleep helps us get our energy back after a busy day.
5. Being happy with themselves.