



Health Scavenger Hunt – World Book Kids

Learn more about staying healthy on the World Book Web.

Find It!

1. What is health?

2. How can people keep physically healthy?

3. What is a healthy diet?

4. Why is sleep important?

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.