

Lesson 1: Staying Alive: What Every Person Needs

Activity 1.1: Staying Alive Matching Exercise

Match each answer in Column B with the correct question from Column A. Write your answers in the spaces provided. (6 marks)

| Column A | | Column B |
|--|-------|---|
| 1. Why do you wear warm clothes when you go sledding or skiing in the winter? | _____ | a. Radiation from the Sun can be harmful. |
| 2. Why do scuba divers need to take tanks of breathable air with them when they swim deep in the ocean? | _____ | b. Humans need food and water daily. |
| 3. Why do you need to wear sunscreen and a hat when you go outside on sunny day? | _____ | c. Our heart and lungs need a constant temperature, close to room temperature, to function properly. |
| 4. Why is the air around us so important to keeping our bodies working properly? | _____ | d. Breathable air is vital to our survival. |
| 5. Why do you think it is important for humans to eat nutritious food and drink plenty of water every day? | _____ | e. Proper air pressure, caused by the particle of the air around us, helps us breathe and keeps our blood from boiling. |
| 6. Why do you think that people need some natural light exposure everyday? | _____ | f. Our circadian rhythm, which keeps our bodies clocks working smoothly, is dependent on natural light. |

Total: /6