



Hello Everybody,

This week we are focusing on a healthy lifestyle in honour of World Health Day on 7th April 2021. After indulging over the Easter weekend festivities, eating Easter Eggs and other treats, what a perfect activity pack to get you back into the swing of things!

It is important to stay hydrated and maintain a healthy balanced diet. The human body consists of 60% water, and it is advised that an adult should aim to drink:

Women should drink 2litres of water a day,

A Man should drink 2.6litres of water a day.

How many of us keep up with that?

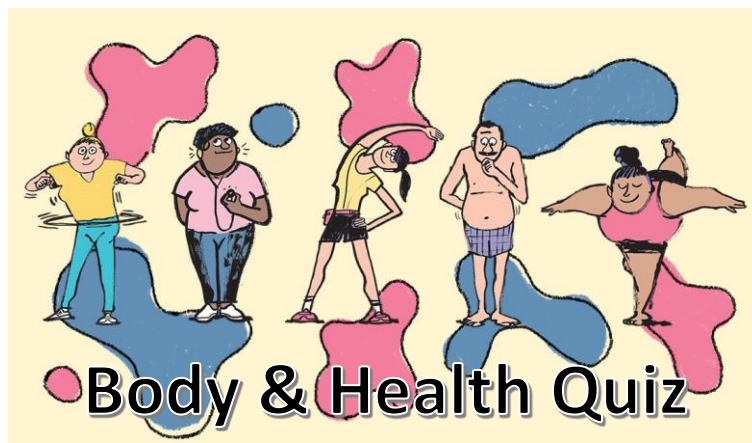
We hope you enjoy this week's pack! Take Care,

The Caladenia Team

17 Benefits of Drinking Water

- Supports heart health
- Improves circulation
- Increases waste removal
- Flushes out toxins
- Nutrient absorption
- Increases energy and alertness
- Supports weight healthy loss
- Improves complexion
- Supports muscles building
- Enhances brain function
- Boosts immune system
- Prevents headaches
- Prevents kidney stones
- Prevents cramps
- Supports joints
- Prevents backaches
- Prevents bad breath





1. Which part of the body is affected by chilblains?
2. What part of the body does a podiatrist look after?
3. On which side of the body is the heart?
4. What part of the body is affected by conjunctivitis?
5. What instrument usually worn around a Doctor's neck is used to listen to the heart and other organs?
6. In which part of your body would you find your palate?
7. Do veins carry blood to or from the heart?
8. What does a psychiatrist treat?
9. Which disease is spread by the bite of infected dogs or wild animals?
10. Is psoriasis is a skin disease. True or False?
11. If you are suffering from amnesia what have you lost?
12. Scurvy is caused by the lack of which vitamin: A, B or C?
13. Is your funny bone located in your elbow or is it part of the outer knee?
14. By what name do we call the first finger next to the thumb?
15. Where is your cochlea?
16. Where would you find your Achilles tendon?
17. Where would you find you iris?
18. Insulin is a hormone. True or False?
19. How many bones are there in an adult human body: 206, 78, 188 or 152?
20. What connects your muscles to your bones?



Sickness and Health

O	H	J	B	R	O	K	E	N	B	O	N	E	A	S
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D	H	R	Y	U	O	G	N	S	I	R	G	N	R	A
I	R	O	Q	M	N	R	R	O	E	T	O	G	V	P
C	V	P	S	E	U	U	E	Z	W	B	C	K	I	E
I	D	H	N	P	N	J	B	T	M	E	L	H	M	H
N	I	E	E	U	I	A	L	C	H	E	Q	E	E	Y
E	S	A	E	B	Q	T	B	C	S	R	R	W	E	S
A	E	D	D	S	R	Y	A	O	B	Z	O	E	V	D
S	A	A	L	I	Z	H	N	L	A	R	Q	A	S	K
C	S	C	E	Z	C	Y	D	P	D	K	U	O	T	T
A	E	H	R	A	F	D	A	I	X	C	A	I	A	X
B	M	E	M	F	L	M	I	L	P	E	G	W	S	X
W	G	O	U	O	U	L	D	L	Y	L	Y	K	M	E
Z	T	T	C	L	M	X	E	D	R	D	R	J	V	A
S	S	M	F	U	F	N	C	J	I	C	U	T	L	M

Find the words below in the grid to the left.



band-aid
broken bone
bruise
cold
cut
disease
doctor
flu

headache
hospital
medicine
needle
nosebleed
nurse
pill

rest
scab
scrape
sore throat
stitches
stomachache
stuffy nose

UNDERRATED BENEFITS OF EXERCISE



**Stress &
anxiety relief**



**Improved
functional mobility**



**Increased
energy levels**



**Improved
overall health**



Better sleep

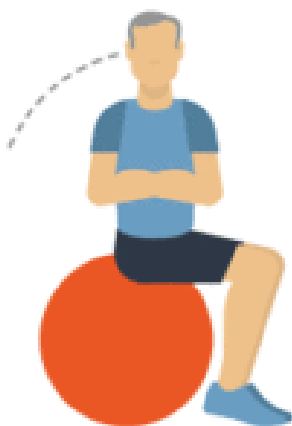


**Higher
self-esteem**

Exercise is obviously great for burning calories and/or losing weight, but there are so many more benefits. **Don't lose sight of the mental benefits that exercise provides, especially during difficult times.**

Chair Exercises!

Below are some easy chair exercises you can do to keep yourself active!



Seated Twists



Side Bends



Seated Knee Lifts

Can you spot 10 differences?





1. What is the main ingredient of the Spanish dish, paella?
2. What herb is used to make pesto sauce?
3. Pancetta comes from which country?
4. Conchiglie, perciatelli and bucatini are types of what?
5. Kedgeree is usually eaten at what time of day?
6. What is a madeleine?
7. Profiteroles are usually made with which type of pastry?
8. Bearnaise sauce usually contains which herb?
9. What meat is traditionally eaten by Americans on Thanksgiving Day?
10. What is chorizo?
11. Savoy, Late Flat Dutch and Early Jersey Wakefield are varieties of which vegetable?

Health and Wellness

L Z Q X C E M E V L U M S P N V L M M V U L Q Y
H T F L Y L F W Y V A G L V W A S Y D G I A N Y
S Z X Y Y B G T H N F T R O U S S E R T S C R M
S S J T X A F L K E P J N T S G N I V A S I O Y
O G J I X I W H V V R N I E D P Q A G O Y S N D
D I T L Z L A K J E G R Y F M K K I U Z E Y B P
P Z C I J E G K E D I L C Y I R I L S B E H H R
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I E R S Q U E C X B W Y I X G G S N C S J C A F
M S C N L C D V B D U A N H I Y S S C Q I I K S
M C H O F R M L E I G F G O P M E W V I M E C D
I R V P F Y V B S N K K S A M V N E J C A T A E
N I B S F U T I I W A I R Q H M L L E L B L B C
G P N E M F C K I M N E N W S J L G Q G N S E N
T T L R R N O R W Q H L X G D L E N L G J O V A
P I T E A M X V P T O E Z V Y T W I P Y O C I L
K O E M S E N E I G Y H W D L T V K B S C I G A
S N P O Q S E I T I V I T C A G S L M L M A A B
V S N V L A N O I T O M E M K L M A Z A S L Y Y
L A N O I T A P U C C O B L A F V W Y O K R B Q
B O I H R K I N T E L L E C T U A L Q G H E H T
K J K L E S I C R E X E H H Y D R A T E H D R Y
A L X Y H T L A E H G N I T A E K Q C A Q I O U

prescriptions

wellness

hygiene

volunteer

financial

no
smoking

biking

mental

spiritual

reliable

activities

goals

church

exercise

laugh

debt free

eating healthy

hydrate

give back

intellectual

physical

coping

social

pray

therapy

walking

savings

emotional

yoga

swimming

balance

occupational

responsibility

Stress

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

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VEGETABLES

WHOLE GRAINS

HEALTHY PROTEIN

FRUITS

WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Have plenty of vegetables and fruits

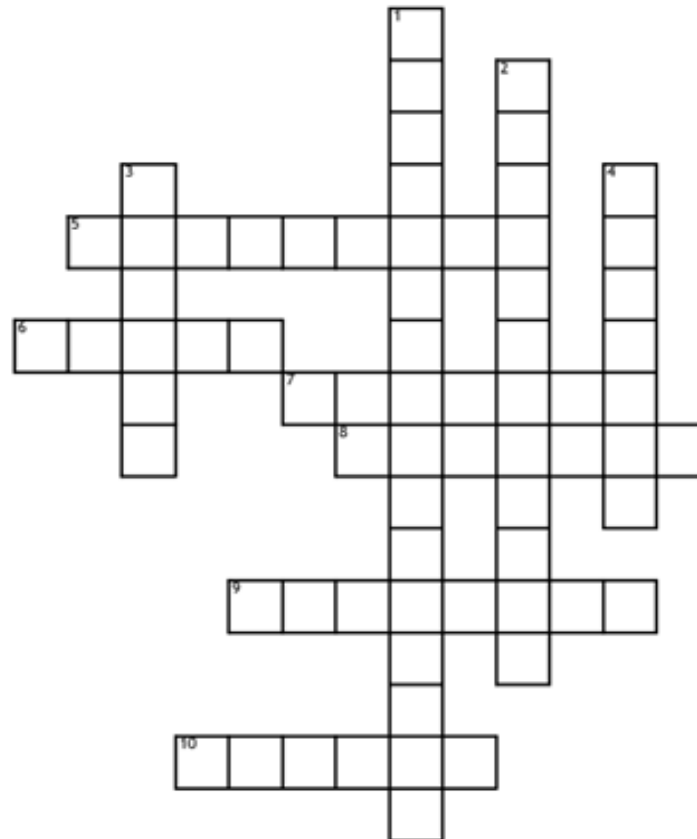
Eat protein foods

Make water your drink of choice

Choose whole grain foods



INTRO TO HEALTH



Across

5. The act or process of nourishing or being nourished
6. Eating style in which only plant food is consumed
7. The unit used to measure energy
8. A feeling of fullness
9. Eating style in which both plant and animal foods are consumed
10. The complete, physical, mental, and social well-being

Down

1. Any form of body movement
2. Bad nutrition. Too little or too much nutrient intake
3. The need for food
4. Diet of which different foods are used for the same purpose

Hippopomonstrosesquipedalophobia

This is the fear of long words, oh the irony!

How many words/names can you make from 'Hippopomonstrosesquipedalophobia'?

Here are a few to start you off..

Hippo

Montrose

Phobia..

Can you spot 5 differences?



Word Ladder #6

Seed - Tree

Instructions: In word ladders, you change one word into another. At each step along the way, change just one letter to make a new word. Clues are given at each step!

Answers	Hint
SEED	Apple pip
— — — —	Be mindful of
— — — —	Upper part of body
— — — —	High temperature
— — — —	Butcher's product
— — — —	Come face to face with
— — — —	Pedicure targets
— — — —	Be anxious
— — — —	Without cost
TREE	Birch or Beech



1. Hands & feet 2. Your feet 3. Left 4. Eyes 5. Stethoscope 6. Mouth 7. To your heart 8. Mental illness 9. Rabies 10. True 11. Your memory 12. C 13. Elbow 14. Index, forefinger, pointer 15. Ear 16. Heel 17. Eye 18. True 19. 206 20. Tendons



Sickness and Health

Health and Wellness

L Z Q X C E M E V U M S P N V L M M V U Q Y
H T F L Y L F W Y V A G L V W X S Y D G I A N Y
S Z X Y B G T H N F T R O U S S E R T S C R M
S S J X A F L K E P J N T S G N I V A S O Y
O G J X W H V V R N I E D P Q A G O Y S N D
D I T L Z L A K J E G R Y F M K K I U Z E Y B P
P Z C J E G K E D I L C Y I R I S B E H H R
S P H B U R E T K P R P O X N M A I L V G P X A
V R U I C Q X Z S P Q P P S O B A T H R H B X Y
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K O E M S E N E I G Y H W D L T V K B S C G A
S N P Q S E I T I V I T C A G S L M L M A A S
V S M V L A N O I T O M E M K L M A Z A S Y Y
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K J K L E S I C R E X E H H Y D R A T E H D R Y
A L X Y H T L A E H G N I T A E K Q C A Q I O U

O H J B R O K E N B O N E A S
A F G E N V N S D O C T O R C
E J A K S R F O T E Q P C B R
D H R Y U O G N S E R G N R A
I R O Q M N R O E T O G V P
C V P S E U D E Z W B S K I E
I D H N F M J B T M E L H M H
N I E E U I A L C X Z Q E E Y
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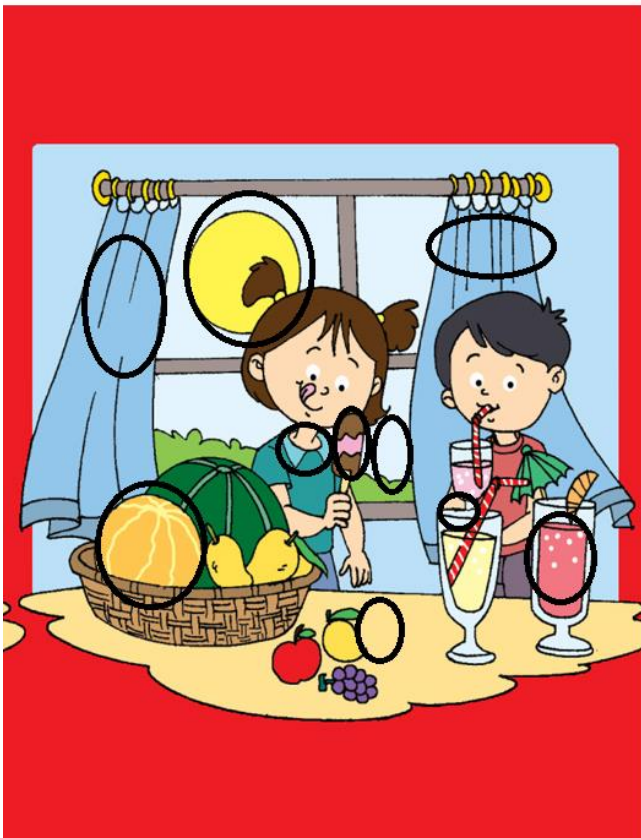
INTRO TO HEALTH

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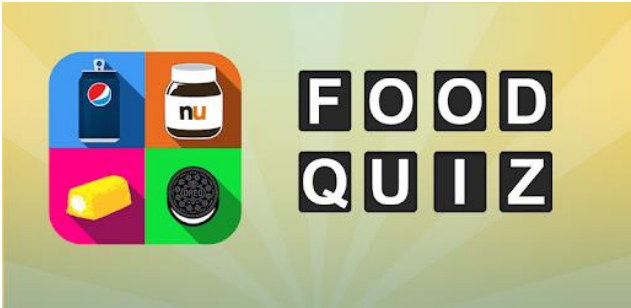
Word Ladder #6 – **Answers**

Seed - Tree

How did you do? Answers provided below.



Answers	Hint
SEED	Apple pip
HEED	Be mindful of
HEAD	Upper part of body
HEAT	High temperature
MEAT	Butcher's product
MEET	Come face to face with
FEET	Pedicure targets
FRET	Be anxious
FREE	Without cost
TREE	Birch or Beech



1. Rice 2. Basil 3. Italy 4. Pasta 5. Breakfast 6. Small sponge cake 7. Choux 8. Tarragon 9. Turkey 10. Spicy Sausage 11. Cabbage