**NCS Health and Wellbeing**

**ACTIVITY 4: Wordsearch**

Tasks:

1. Click on the link below to go to our health and wellbeing wordsearch!
2. Once you have found all the words, use google to answer the questions below.

[**CLICK HERE FOR WORDSEARCH**](https://thewordsearch.com/puzzle/1891687/ncs-health-and-wellbeing-word-search/)

***HEALTH AND WELLNESS QUESTIONS***

1. What is the NHS definition of health?
2. What is the NHS definition of wellness?
3. How much water should you drink per day?
4. Name 3 fruits that you are not familiar with
5. Name 3 vegetables that you are not familiar with
6. Name 3 nutritious foods that you can eat whilst studying

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**If you would like to find out more information about the *‘NCS SUMMER 2021’* opportunity, go straight to our website and pre-register your interest today by clicking the link below!**

[**PRE– REGISTER HERE**](https://wearencs.com/sign-up-to-ncs)