

## Fun Bits 1

# Backpacks or BADpacks?

Do you carry a heavy school bag to school every day? A heavy backpack is not good for our health. Read on to learn more!

### You are so heavy, Mr School Bag!

Is your school bag overweight? Put it on the scales and check it. An overweight school bag weighs more than 10% of your body weight. For example, you weigh 30 kg. Then your school bag must not be heavier than 3 kg.



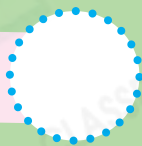
### I feel tired, Mr School Bag!

When your school bag is overweight, you may feel pain in your back, your neck and your shoulders. You may get hurt easily too!

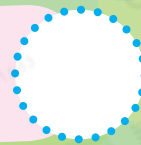


**A** Put a tick (✓) or a cross (✗) in each circle.

1. A big school bag is good.



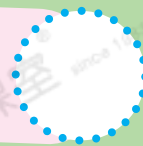
2. It is not good for your neck when you carry an overweight school bag to school.



3. You need to pack your school bag every day.



4. An overweight school bag weighs less than 10% of your body weight.



**Goodbye, my heavy school bag!**

School bags cannot be too heavy. Choose a school bag that fits your body size. Also, you have to pack your school bag every day. Only bring along the books and things you need. Then your school bag can become lighter and you can carry it around more easily.



**STEAM Highlights**

What do we use to weigh a school bag? (Find the answer from the text and check it on P.72.)

**B Draw lines to match the sentences with the words from the text.**

1. A \_\_\_\_\_ helps keep your books and stationery.

pain

2. A \_\_\_\_\_ school bag may make you feel tired.

heavy

3. Tom just falls off his bicycle. He is in \_\_\_\_\_!

pack

4. Don't \_\_\_\_\_ something you don't need in your school bag.

school bag