Ch-2

Keeping Clean and Healthy

* New Words.

1. healthy
2. fit
3. habit
4. adopt
5. cleanliness
6. dirty
7. clean
8. germs
9. sick
10. exercise
11. rest
12. smoke
13. dust
14. harm
15. factories
16. prevent
17. diseases

Q1. Write True or False.

i) We should bathe everyday
→ True

ii) You should spend more time in front of television.
→ False

iii) Smoke and dust is good for our health.
→ False.

iv) We must drink water which is not clean.
→ False

v) Germs make us sick.
→ True.

Q2) Answer the following questions.

1) Why should we rinse our mouth after eating?
Ans- Because it removes tiny food pieces from our teeth

2) For how many hours should we sleep at night?
Ans- We must sleep for 8 to 10 hours at night.

3) What makes the air dirty?
Ans- Smoke from cars and factories makes the air dirty.

4) Who help us to make the air clean and fresh?
Ans- Trees and plants help to make the air clean and fresh

5) Why should we always keep our food and water covered?

Ans- To prevent flies from sitting on it.

H.W

Q3. Stick/Draw the pictures of healthy habits and unhealthy habits (5 each) and label it.