

Mind Map

BEING FIT AND HEALTHY

KEEP YOUR BODY CLEAN

Bathe daily, shampoo twice a week, wear clean clothes, brush your teeth twice a day, wash hands often, cut your nails.

CLEAN WATER, AIR AND FOOD

Grow more trees to have clean air to breath, drink clean water, eat clean food, keep food and water covered.

EXERCISE AND REST

Play outdoor games, watch less TV, get eight hours of sleep.

EXERCISES



Objective Type Questions

A. Choose the correct option.

- Which of the following is good for the body?
a. Exercise b. Sleep c. Rest d. All of these
- Which of these is not needed to stay clean?
a. Shampoo b. Soap c. Toothbrush d. Seat
- Which of these makes us lazy?
a. Jogging ☒ b. Watching TV c. Skating d. Running
- Getting eight hours of sleep at night keeps us
a. full of energy b. healthy c. fresh d. all of these
- Which of these make the air dirty?
a. Dust b. Smoke from car c. Smoke from factories ☒ d. All of these

B. Choose the correct word to fill in the blank.

- We must brush our teeth twice a day. (brush/rub)
- When we stay dirty germs enter into our body. (insects/germs)
- We should spend less time watching TV. (less/more)

4. Our body needs proper rest. (rest/work)
5. We should grow more trees to keep the air fresh. (trees/factory)
6. We should take care not to drink dirty water. (clean/dirty)

C. Write T for true and F for false statements.

1. Germs and dirt may make us fall sick.
2. Cleanliness is the habit of staying dirty.
3. Our body needs proper rest.
4. We get a toothache if our teeth are dirty.
5. Cockroaches and flies are harmless.

T
F
T
T
F

D. Match the following.

Column A

1. Brush teeth
2. Wash hands
3. Shampoo hair
4. Bathe
5. Sleep

Column B

- a. Every day
- b. After using the toilet
- c. Morning and night
- d. Eight to ten hours
- e. Twice a week

Subjective Type Questions

E. Answer the following.

1. What is cleanliness?

Cleanliness is

the habit of staying clean

2. Why do we need to exercise?

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3. Why does the body need rest?

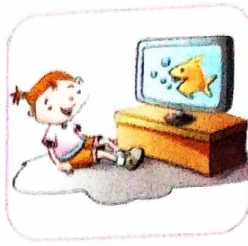
Rohit shou

Picture-based Question

Write H under pictures showing healthy things and U under the unhealthy ones.



H



U



H



H

Application-based Questions

1. Rohit does not like to take bath every day. His nails are long and. He falls sick often. What advice will you give him?

2. Neha likes to watch TV and play video games in her free time. Ri likes to cycle and skate in the park. Who will be healthier? Why?

Do It Right



The kitchen floor, cupboards, stove and utensils should be kept clean. The garbage bin should be kept covered. This prevents rats, flies and cockroaches from coming into the kitchen.