

Lesson- 4  
Keeping Healthy

Q. 1 Tick (✓) the activities which you do and (cross (X)) which you do not.

- Ans. 1. Brush teeth early in the morning.
- 2. Have bath everyday.
- 3. Wash hands before meals.
- 4. Play in the dust.
- 5. Talk while eating.
- 6. Wear clean clothes.
- 7. Take regular exercise.
- 8. Follow right posture.

Q. 2 Fill in the blanks.

- Ans. 1. Rest refreshes our body and mind.
- 2. Sleep gives us proper rest.
- 3. We should sit straight.
- 4. We should go to bed early and get up early.

Q. 3 Write Healthy habit ?

- Ans. 1. Personal Cleanliness.
- 2. Good Healthy food.
- 3. Regular Exercise.
- 4. Proper rest.
- 5. Posture.

Q. 4. Which kind of Child can study well and play well ?

Ans. Healthy Child.

Q. 4. Write personal Cleanliness that you should do every day ?

- Ans. 1. Brush your teeth twice a day.
2. Take bath every day.
  3. Comb your hair.
  4. Trim your nails regularly.
  5. Wear Clean clothes.
  6. Wash your hands before and after food.