

# CHAPTER-8

## STAY FIT, STAY HEALTHY

**Fun To Learn** BOOK WORK PAGE NO-153

### A. Write T for True or F for False.

1. Walking, running and cycling are good exercise. T
2. Chips and burgers are good for our health. F
3. We must take rest every day. T
4. We should sleep late at night. F

### B. Choose words from the box. Fill in the blanks.

energy    early    eight    exercise

1. Playing is a good exercise.
2. Food gives us energy to work and play.
3. We should go to bed early and wake up early.
4. We must sleep for eight hours every day.

### C. Answer these questions.

1. Why should we exercise?

Ans. We should exercise because it makes us healthy and strong.

2. How does food help us?

Ans. Food helps us to grow, it makes us strong and it gives us energy to work and play.

3. What will happen if we do not get enough rest?

Ans. If we do not get enough rest, we may fall sick.

4. What should we do to stay healthy?

Ans. To stay healthy, we should eat good food, exercise, rest and sleep well.

# ACTIVITY

WRITE FIVE WAYS BY WHICH  
WE CAN STAY FIT AND  
HEALTHY.

YOU CAN USE YOUR OWN CREATIVITY TO MAKE  
IT ATTRACTIVE.

