



Worksheet 1



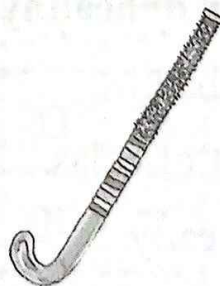
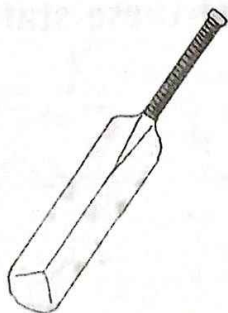
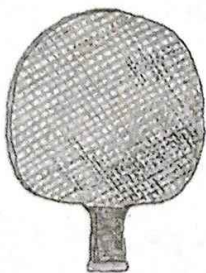
A. Write 'Yes' or 'No'.

- 1. We all want to be healthy. Yes
- 2. Playing outdoor games makes us sick. No
- 3. We should not eat chips and pizzas. Yes
- 4. 'Early to bed and early to rise' is good for our health. Yes
- 5. Rest and sleep make us feel very weak. No
- 6. There is no need to exercise when young. No
- 7. Exercise makes our body healthy and strong. Yes
- 8. To keep healthy, we must keep watching television. No

B. Name any two outdoor games that you like to play. H.W.

- 1. _____
- 2. _____

C. Name the games for which you use these. H.W.





Worksheet 2



A. Answer in one or two words.

1. What makes us healthy and strong?
2. Name one good exercise.
3. What helps us to grow?
4. Name one unhealthy food.
5. For how many hours should we sleep every day?

Exercise
Playing
Food
Chips
Eight

B. Colour the boxes that help you to stay fit and healthy. H.W.

skipping	bathing	brushing	jogging
playing	walking	watching	combing
sitting	running	swimming	talking

C. Write healthy or unhealthy against these statements.

1. Chitra plays football.
2. Ryan drinks a lot of colas.
3. Mir goes to bed early.
4. Aisha drinks plenty of water.
5. Geet and her sister swim every day.

healthy
unhealthy
healthy
healthy
healthy