

Chapter 1

Q Answer the following questions

1.why it is necessary to wash our hands?

Ans. It is necessary to wash our hands before and after eating as our hands contains germs

that make us sick.

2. How should we take care of our teeth?

Ans. We should clean out teeth twice a day .we should floss our teeth after eating sweets.

3. What kind of food should we eat to maintain a good health?

Ans. We should eat a balanced diet like we should eat fruits, vegetables, dairy products,

Grains and protein.