

Lesson - 1(Taking Care of My Body)

Exercise



A.Hard words

1.Special

2.Infections

3.Nutritious

4.Physically

5.Hygiene

6.Practice

7.Cavities

8.Tangle

9.Scalp

10.Clipping

B. Define the following:-

- 1. Infection - passing on diseases causing germs**
- 2. Nutritious - healthy**
- 3. Hygiene - daily habit of keeping oneself clean and healthy**
- 4. Germs - diseases causing small living beings**



C. Fill in the blanks:-

1. Good hygiene keeps me physically fit and mentally alert.
2. We must cover our mouth while coughing and sneezing.
3. We should drink a good amount of water.
4. It is necessary to have a sound sleep of eight to nine hours daily.
5. We must take care of our nails by clipping them regularly so that the dirt does not gather inside.



D. Write T for True or F for False for the following statements:-

1. Do not floss your teeth after having chocolate. F

2. Combing is good when the hair is wet. F

3. Fruits and vegetables are good for health. T

4. Physical activities make us weak. F



E. Answer these questions:-

Q1. Why it is necessary to wash our hands?

Ans. It is necessary to wash our hands to remove dirt and keep it clean.

Q2. How should we take care of our teeth?

Ans. We should take care of our teeth by:-

a. Brushing our teeth twice a day.

b. Flossing are teeth and cleaning our tongue.



Q3. What kind of food should we eat to maintain a good health?

Ans. We should eat a balanced diet to maintain a good health.

Q4. Why should we take good care of our body?

Ans. We should take good care of our body to keep it healthy and fit.



Q5. What do you mean by personal hygiene?

Ans. Personal hygiene means the practice of keeping our body clean.

Q6. How can we keep our hair clean?

Ans. We can keep our hair clean by combing it regularly and washing it with a shampoo twice a week.

Q7. What should we do while sneezing?

Ans. We should cover our mouth with a handkerchief while sneezing.



Activity

E. Draw and colour a diagram of 'Balanced Diet' and label it.



