

cw Ch-5 Keeping Clean and ^{20.06.20} fit

Fill in the blanks

1. Playing outdoor games makes us healthy and strong.
2. We must use a handkerchief when we sneeze or cough.
3. We must not cover our face when we sleep.
4. We must take bath everyday to clean our body.
5. We must drink plenty of water everyday.

C.W

22.06.20

Write 'T' for true and 'F' for false statements.

1. Brush your teeth once in two days-

F

2. We must eat uncovered or stale food- F

3. Keeping clean help us stay away from germs- T

4. Walking is a good exercise- T

5. We should not bath daily- F

6. We should go to sleep early and

wake up late - F

23.06.20

C.W

Tick (✓) the correct answer

1) If our hair is dry, we should apply

(a) soap ☐ (b) oil ☐

2) To stay away from dirt and germs, we must

(a) bathe daily ☐ (b) take rest ☐

3) Yoga keeps us

(a) fat ☐ (b) fit ☐

4) Brush your teeth

(a) everyday ☐ (b) once in two days ☐

5. Playing outdoor games make us

(a) weak ☐ (b) strong ☐

C.W

Question and Answers.

24.06.20.

Q1. Write any 2 ways to keep yourself clean?

ans. The 2 ways to keep ourselves clean are -

(a) Wash your hands before and after every meal.

(b) Bathe daily with soap and clean water.

Q2 Name any 2 exercises we should do everyday, to be fit and healthy.

ans We should go for a morning walk ~~daily~~ and perform yoga everyday to be fit and healthy.

Q3. Write any 3 good ^{food} habits.

ans The 3 good ^{food} habits are -

- (a) Eat slowly and chew the food well
- (b) Drink plenty of water everyday.
- (c) Do not eat uncovered or stale food.