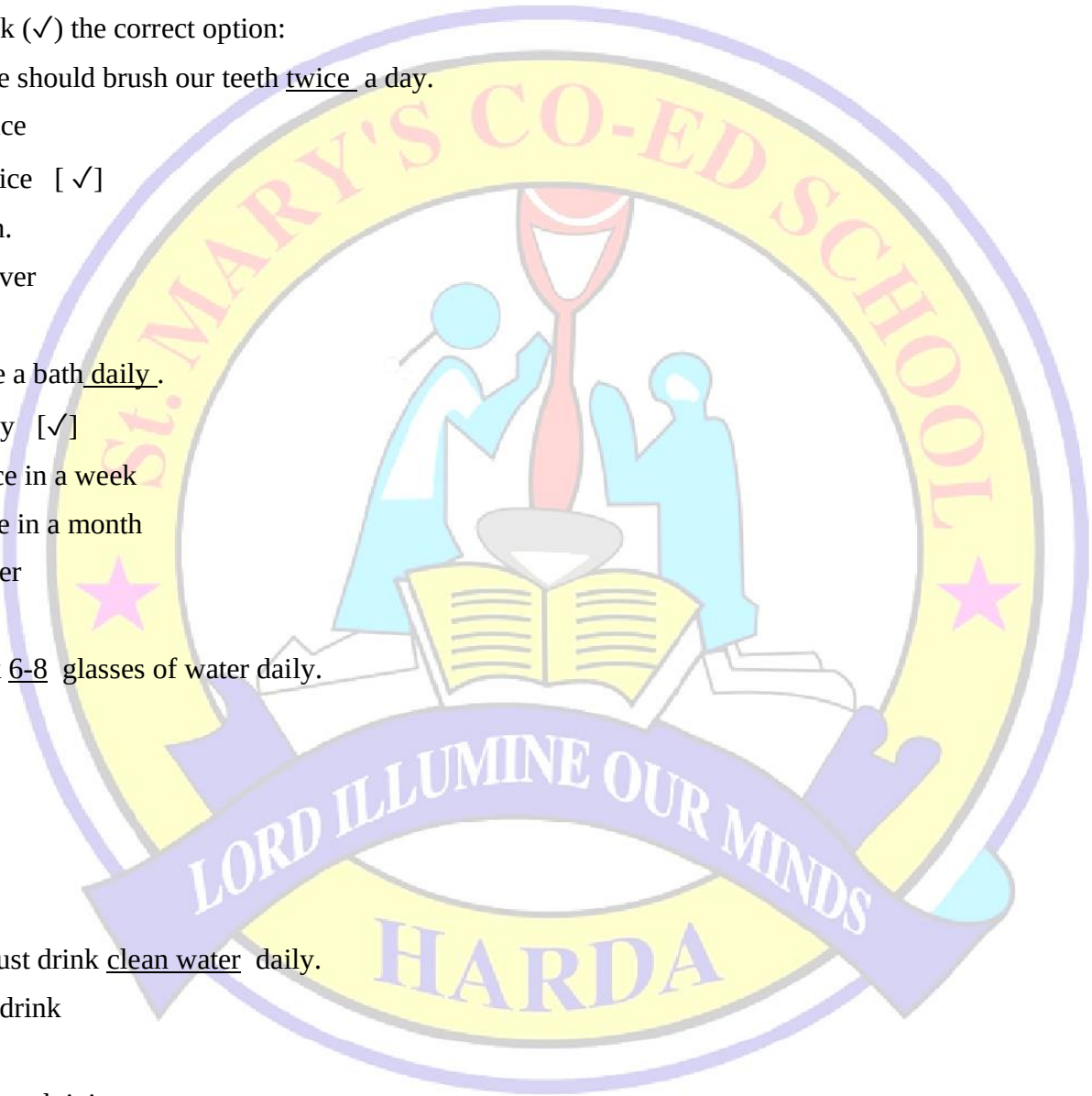


Q.1 Tick (✓) the correct option:

1. We should brush our teeth twice a day.
A- once
B- twice [✓]
C- ten.
D- never
2. Take a bath daily.
A- daily [✓]
B- once in a week
C- once in a month
D- never
3. Drink 6-8 glasses of water daily.
A- 1-2
B- 0
C- 6-8
D- 2-3
4. We must drink clean water daily.
A- cold drink
B- tea
C- packaged juices
D- clean water [✓]
5. Sleep for atleast 8 hours every night.
A- 8
B- b
C- 2
D- 3



Q.2 Fill in the blanks:

- 1- We should drink lots of water .[cold drink/ water]
- 2.We should brush our teeth twice a day.[comb/ brush]
- 3.We should exercise to keep our body and mind fit.[exercise/ not exercise]
4. Unclean body make us fall sick .[clean/ unclean]
- 5.We should wear clean clothes.[unclean/clean]

Q. 3 State True or False:

- 1.Junk food is good for us. [F]
2. We should not play games at all. [F]
3. We should wash our hands with soap and water. [T]
4. We should keep our nails long and dirty. [F]
- 5.Clean body makes us look fresh and smart. [T]

Q.4 Match the Columns:

- | | | | |
|--------------|---|-----------------------------|----|
| 1.Wash hands | - | fresh fruits and vegetables | 5. |
| 2. Exercise | - | at least 8 hours | 3. |
| 3. Sleep | - | clean and ironed | 4. |
| 4. Clothes | - | soap and water | 1. |
| 5. Food | - | fit body | 2. |

Q.5 Oral Questions:

Q.1 How many times do you brush your teeth?

Ans. Twice a day.

Q.2 How many glasses of water do you drink daily?

Ans. 6 to 8 glasses.

Q.3 Should you keep your body healthy or unhealthy?

Ans Healthy.

Q.4 When do you go to bed at night?

Ans. At 9 pm.

Q.5 at what time do you wake up in the morning?

Ans. At 6 am.

Q.6 Very short answer questions:

Q.1 How can you keep your hair clean?

Ans. By washing our hair regularly and combing it properly.

Q.2 What kind of food should you not eat?

Ans. Junk food.

Q.3 How should you keep your nails?

Ans. Short and clean.

Q.4 why is exercise important for us?

Ans. It keeps our body and mind active.

Q.5 What will stay away from us if we keep our body clean?

Ans. Germs.



<https://youtu.be/FWw8xgDTFT>