

STAYING CLEAN AND HEALTHY

I. Answer the following questions:-

1. What are germs?

Ans → Germs are very small living things that make us sick.

2. Why should we have good habits?

Ans → We should have good habits because they help us to stay healthy and fit.

II Fill in the blanks:-

1) We should drink plenty of water.

2) We should cut our nails when they grow long.

3) Exercise helps us to stay fit.

III. True or False :-

- 1) Healthy food is good for us. → True.
- 2) We should not play games. → False.
- 3) We should keep our home and school clean. → True.
- 4) We should wash our hands only after eating → False.

IV. Rearrange :-

- 1) YGOA → YOGA 2) RSET → REST

V. Missing Letters :-

- (1) SOAP (2) BATH (3) COMB