

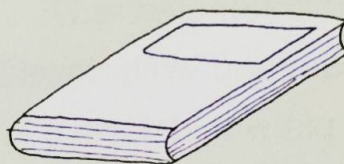
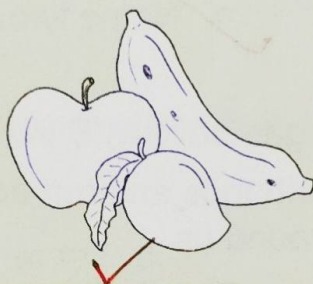
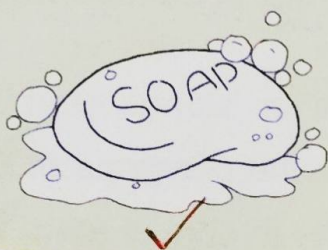


8

Keeping Healthy

Starter

Colour the things that help us to keep clean and healthy.



To keep ourselves healthy, we should follow these golden rules.



Keep your body clean.



Eat healthy food.



Exercise daily.



Take proper rest
and sleep.



Have a healthy
lifestyle.



Maintain a correct
posture.





Teacher's note:

Discuss the importance of a healthy lifestyle. Motivate children to talk about their daily routines. Tell them about the disadvantages of watching too much of television. Talk in detail about the golden rules given.

In-Text Activity



Picture Based Analysis

Put a tick (✓) on the correct posture.



Personal Cleanliness



We should brush our teeth twice a day.



We should take a bath everyday.



We must wash our hands before and after having our meals.



We should comb our hair neatly twice a day.



Nails should be trimmed regularly.



We must wear clean clothes.



Granny Says

Meditate for 10–15 minutes everyday.

Spiritual Development



Healthy Eating Habits

Eat a healthy diet. Avoid eating junk food. Prefer eating home-made food. Drink plenty of water.



Some More Health Tips

- Cycling, swimming, jogging and playing outdoor games are forms of exercises.

Do one of these every day.



- Sleep for at least eight hours in a day. It will make you fresh and active.



Testimony

Fact File

Exercise makes our body strong and flexible.

Now I Know



- We should keep our body clean.
- We should take proper rest and sleep.
- We must wear clean clothes.

- We must have a healthy lifestyle.
- We must maintain a correct posture.
- We should brush our teeth twice a day.

Let Us Revise



A. Put a tick (✓) on the correct option.

1. We must wear these types of clothes.

(a)



(b)



Self Awareness

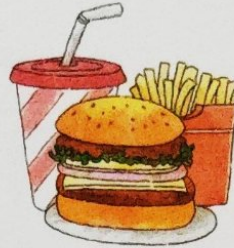


2. We should eat this diet.

(a)



(b)



3. We use this to clean our ears.

(a)



(b)



B. Fill in the blanks. Use the Help Box.

1. We should maintain a correct posture.
2. nails should be trimmed regularly.
3. We should sleep for eight hours a day.
4. We should avoid eating junk food.
5. We should drink plenty of water.

Help Box

correct water
nails junk
eight

C. List three golden rules to stay healthy.

D. Write the names of the brands of the following products that you use.



1. godrej

2. Parachute

3. loréal

4. Cilaca Colgate

E. Take a pledge.

I pledge to stay healthy and clean by eating healthy food and maintaining good hygiene. I will work hard to be healthy and strong. I will be happy my whole life.



F. This is Raj. Tick (✓) the correct option.



1. Raj is a _____ boy.

(a) healthy



(b) sick



(c) lazy



2. It is also an exercise.

(a) Sleeping



(b) Eating



(c) Running



3. We should exercise

(a) sometimes



(b) daily



(c) all the time



G. Ritu is making a poster on personal cleanliness. She will include (complete the words):

1. S O A P

2. C O M B

3. TO O T H B R U S H

4. S H A M P O O.

Scenario Building

Life Skills



Observe every Monday as an E-Fasting day, in the family when no family member would use phones, tabs, computers, and television.

To get the Worksheet of this chapter scan this QR Code



CODE-g8xt

