

L:08 Keeping Healthy

★ New words:

1. trim

2. active

3. twice

4. plenty

5. regularly

6. jogging

7. posture

8. exercise

9. maintain

10. lifestyle

* Answer in one or two words :

1) What do you use to wash your hands ?

→ Soap and water

2) What makes our body flexible ?

→ Yoga

3) What can gives us complete rest ?

→ Sleep

4) Write any two forms of exercises:

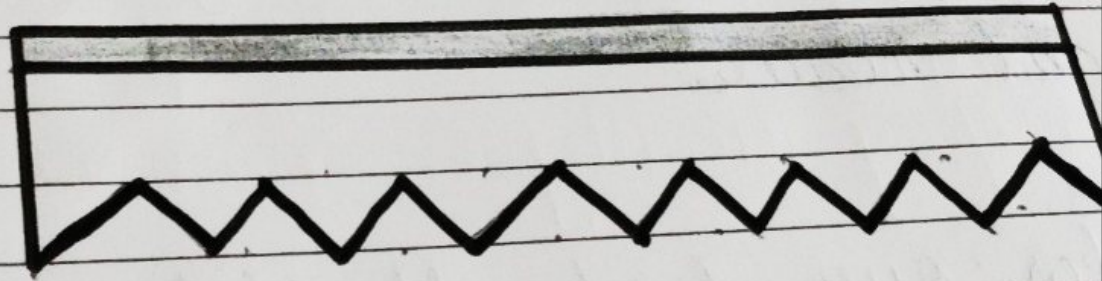
→ Cycling and swimming

5) Write any one golden rule to stay healthy.

→ Eat healthy food.

★ Draw the diagram of :

a) comb :



b) oil :

