

1. Defines:

S.N.	WORD	DEFINES
1	Scalp	The skin under the hair on our head.
2	Rinse	To wash something quickly.
3	Germs	Small living things that can make you ill.
4	Lice	Small Insects that live on people's skin and in their hair.

2. Answer in one word

S.N.	QUESTION	ANSWER
1	What do you mean by being healthy?	Free from diseases
2.	Why should we keep our body clean?	To remain healthy
3	While sitting, how should you keep your back?	Straight
4	What do we use to wash our hands?	Soap
5	How many times do we take a bath every day?	Once a day.
6	What are the cause of disease?	Germs
7	How can we keep our body fit?	Exercise
8	How many times we should brush our teeth?	Twice
9	What do we use to clean our ears?	Earbuds
10	How can we keep our body safe?	Eating Healthy Food
11	How many hours should we sleep?	At least 8 hours
12	What should we use while sneezing?	Handkerchief
13	How do we start our day?	With Healthy Breakfast
14	Name any two exercise that we can do to stay healthy?	Walking & Skipping
15	Where should we throw garbage?	In dustbin.

Fill in the blanks

1. **Healthy** means to be fit & free from diseases.
2. We should our toys and books in their **proper** place.
3. We should always use a **clean** toilet.
4. We must always leave our room by switching off **lights**.
5. We should never skip our **breakfast** as it gives us energy to work.
6. **Posture** is the way a person holds her/his body.
7. We should wash our eyes with **cold** water.
8. We should enter a room by **knocking**.

Books Exercise

1. Complete your Fill ups on page no. 49
2. Complete your True/False on page no. 50
3. Complete Q- D on page no. 50.