

Ch 2

## Being Healthy

### Hard words

1. Indoor games
2. Outdoor games
3. Exercise
4. Jogging
5. Posture
6. Straight
7. Sneezing
8. Handkerchief
9. Attentive
10. Obedient

\* Answer in one or two words.

Q.1. How do you feel after exercising?

Ans. Fresh

Q.2. How many hours of sleep do we need?

Ans. Eight hours.

Q.3. What kind of food should we avoid eating?

Ans. Junk food



\* Answer in a sentence.

Q.1. What should we do while sneezing?

Ans. Cover your nose with a handkerchief while sneezing.

Q.2. What is good posture?

Ans. Good posture means the position of our body must be straight when we sit, stand or walk.

Q.3. How can we relax our body?

Ans. We could read a book, watch television or listen music to relax our body.

## Things You Know

A. Choose the correct word from the box and fill in the blanks.

outdoor      healthy      straight      eight






1. Hockey is an example of an outdoor game.
2. Exercise keeps us healthy and active.
3. We need at least eight hours of sleep a day.
4. We should stand straight.



**B. Strike out the incorrect word.**

1. We must eat ~~sweets~~/play sports to keep fit.
2. We should have eight/~~three~~ hours of sleep every night.
3. We should brush our teeth ~~once~~/twice every day.
4. We must eat junk/~~healthy~~ food.

**C. Look at the drawings. Fill in the blanks with the correct letters to complete the words.**

	Washing ha <u>n</u> <u>d</u> s
	Doing ex <u>e</u> rci <u>s</u> es
	Getting up ea <u>r</u> <u>l</u> y
	Being a <u>t</u> <u>t</u> entive in class
	Taking a b <u>a</u> th

**4. Draw lines to match correctly.**

- |                                       |  |
|---------------------------------------|--|
| 1. sneezing without covering the nose | a. proper shape to our body <sup>3</sup> |
| 2. walking, jogging                   | b. good habit <sup>4</sup>               |
| 3. good posture                       | c. bad habit <sup>1</sup>                |
| 4. taking a bath                      | d. good exercise <sup>2</sup>            |