

**Class: 4**

**Subject: Science**

**Topic: Chapter 5: Healthy Lifestyle**

**1. Fill in the blanks with appropriate words:**

- a) Waterborne diseases spread through \_\_\_\_\_ water. Ans: contaminated
- b) Cholera, dysentery, and typhoid are \_\_\_\_\_ disease. Ans: waterborne
- c) A \_\_\_\_\_ lifestyle helps to keep and improve our health and well-being. Ans: healthy
- d) We can prepare safe water by boiling, filtering and using \_\_\_\_\_. Ans: water-purifying tablets.
- e) Waterborne diseases are easily \_\_\_\_\_ to people. Ans: transmitted.
- f) Regular exercise makes us feel more \_\_\_\_\_ and sleep better. Ans: confident.

**2. Choose the correct answer:**

- a) When must we wash our hands?
- |                          |                          |
|--------------------------|--------------------------|
| i. During eating         | iii. Before eating (Ans) |
| ii. Before using toilets | iv. During using toilets |
- b) What is an effect of moderate exercise?
- |                                |                          |
|--------------------------------|--------------------------|
| i. Strengthening muscles (Ans) | iii. Providing nutrients |
| ii. Causing disease            | iv. relief from disease  |
- c) What should we take when we suffer from diarrhoea?
- |                       |                 |
|-----------------------|-----------------|
| i. Milk               | iii. vegetables |
| ii. Oral saline (Ans) | iv. Fish        |
- d) Look at the picture below and answer the following question.



What type of good habit is shown in the picture?

- |                            |                          |
|----------------------------|--------------------------|
| i. Regular exercise        | iii. Time to relax       |
| ii. Personal hygiene (Ans) | iv. eating balanced diet |
- e) Which of following is not waterborne disease?
- |              |                   |
|--------------|-------------------|
| i. Cholera   | ii. dengue. (Ans) |
| ii. Jaundice | iii. dysentery    |

**3. Match the words on the left with the word on the right:**

A. Oral saline	i. By filtering, boiling and using water-purifying tablets
B. Keeping toilet clean	ii. Relieving diarrhoea
C. Relieve from stress	iii. Preventing waterborne disease
D. Personal hygiene	iv. Listening songs, reading book
E. prepare safe water	v. Keeping our body neat and clean

Ans:

A+ii = oral saline –relieving diarrhoea

B+iii= keeping toilet clean- preventing waterborne disease

C+iv=relieve from stress- listing songs, reading book.

D+ v= personal hygiene= keeping our body neat and clean

E+i = prepare safe water=by filtering, boiling and using water-purifying tablets

**4. Write the answer of the following questions in short:**

1. What is water borne disease?

Ans: waterborne disease is the disease caused by taking water contaminated with germs.

2. What can cause waterborne disease?

Ans: Contaminated water can cause water borne disease.

3. What are the symptoms of waterborne disease?

Ans: The symptoms of most waterborne diseases are loose motion, vomiting, fever and stomach cramps.

4. How to make oral saline at home?

Ans: Oral saline can be prepared at home by using a pinch of salt and a handful of molasses or sugar with half litre safe water.

5. Why regular exercise is important for healthy life?

Ans: Regular exercise strengths our heart, muscle and bones. It also makes us feel more confident and sleep better.

**5. Write the answer of the following broad questions:**

a) What are the good habits to keep our body healthy?

Ans: The best way to stay healthy is to follow the rule of good health and live a regular lifestyle. The following are good habits to keep our body healthy.

**Eating balanced diet:** We must have to eat balanced diet to maintain good health.

**Regular exercises:** Regular exercise and playing sports strengthens our heart, muscles and bones.

**Adequate sleep:** We need adequate sleep to give our body time to recover and grow.

**Time to relax:** we need a time to get away from the stresses of everyday life.

**Personal hygiene:** We have to take care of our body to keep it neat and clean.

b) How to keep ourself neat and clean?

Ans: we have to take care our body to keep it neat and clean. Some steps are given below:

**Taking bath:** we should take bath with clean water and soap regularly.

**Washing hand:** we should wash our hands before and after meals.

**Brushing teeth:** we should brush our teeth regularly.

**Wearing clean cloths:** We also need to change or wear clean our cloth regularly.

c) How can we prevent waterborne disease?

Ans: The best way to prevent water borne disease is to stop the transmission of germs. Some measures to prevent waterborne diseases are given below:

**Use of safe water:** we have to use clean and safe water for drinking, preparing foods, and bathing.

**Washing hands:** we should wash hands with soap and safe water before eating, preparing food and after using toilets or playing.

**Keeping toilets clean:** we have to use hygienic toilet and to keep toilet clean after using it in order to prevent water borne diseases.