



# Cosmo School

Class: Six

Subject: PE

Chapter-4:

## Lesson-2: Dos during physical, mental and behavioral changes of boy and girls at puberty.

---

**Question No-1:** Why physical and mental changes that occur to boys and girls during puberty?

**Answer:** The children pass through a lot of physical & mental changes during puberty. The changes are natural biological physiological and psychological process

**Question No-2:** When is it quite possible to keep the body healthy and strong?

**Answer:** It is quite possible to keep the body healthy and strong. When the system of immunity against the infection of diseases remain strong, this immunity helps preventing the penetration of germs in the body. If perchance any germ penetrates the body, it can not survive fighting against the immuned capability of the body. As a result, the body remains safe from any attack of the germs.

**Question No-3:** How many preventive essential measures are there to prevent the diseases?

**Answer:** There are eight preventive essential measures to prevent the disease,. They are:

- 1) Vaccination.
- 2) Personal cleanliness.
- 3) To get habit of washing hands.
- 4) Carefulness during the preparation, preservation and serving of food.
- 5) Avoidance of insect bite.
- 6) Use of safe and germ free water
- 7) Creating self awareness.

**Question No-4:** What types of steps you are to be taken during preparation, preservation, and serving of food?

**Answer:** The following types of steps we are to be taken during preparation, preservation and serving of food:

- 1) To wash hands before and after preparing & serving of food.
- 2) To maintain the temperature of food, hot & cold, until food is taken.
- 3) To wash the kitchen space with hot water & soap where fish, meat and vegetables are chopped & utensils are washed,
- 4) To clean the crockeries, plates, glasses & other utensils before cooking.
- 5) To clean the fresh foods & vegetables with safe water before cooking
- 6) To boil cereals, lentils, fish, meal & eggs properly for consumption .
- 7) To preserves surplus foods properly after meal.
- 8) To keep the foods under cover.

**Question No-5:** What do you mean by creating self awareness regarding prevention of contagious diseases?

**Answer:** Self awareness is the most effective way for prevention from contamination of diseases self awareness consists of elements, like-

- 1) Knowledge & consciousness of own body
- 2) Knowledge of the strength, weakness of the self & to remain conscious about it
- 3) To take measures for increasing strength & reducing weakness
- 4) To remain aware of own personal feelings
- 5) Knowledge of personal right & consciousness of own
- 6) To have a clear conception about reality , values & to remain conscious about these ethical qualities

**Dear Students, now you will try to solve the following questions**

Question-1: What will you do if you want to life healthfully?

Question-2: What is the English proverb regarding healthful living?

Question-3: What will you do to prevent the contamination of contagious diseases?

Question-4: How will you prevent the contamination of contagious disease?

Question-5: How many glasses of pure water are to be taken in a day?

Question-6: What do you mean by awareness regarding the wild & domestic animals?

Question-7: What are the personal belonging to be neat & clean and tidy?

Question-8: What are the preventive vaccines of contagious diseases available in our country?

Question-9: What will you do after giving service to a diseased person?

Question-10: What types of water are safe for drinking?