

Solution Sheet

1. Write the correct answer in your answer script:

0.5×4=2

a) How should we eat to keep our body healthy?

Ans: iv) A regular and measure diet

b) We should wash our hands with__

Ans: i) Soap

c) Which part has a close relationship with mind?

Ans: iii) Body

d) How should we keep our nail?

Ans: iii) Small

2. Match the Column-A with Column-B to make correct sentences:

1×6=6

a) Keep our house environment - iii) neat and clean.

b) If our body is fit, - i) then we can work properly.

c) For religious practice, - v) we have to keep our body healthy.

d) We should bathe with soap - vi) once a week.

e) Do not think - ii) about evils.

f) Before taking any meal, - iv) wash your hands with soap.

3. Fill in the blanks with appropriate words:

0.5×4=2

a) We have to do regular _____. (**exercise**)

b) If our mind is not at peace, our body becomes _____. (**sick**)

c) There is a _____ relationship between body and mind. (**close**)

d) If we _____ regularly, the blood circulation of our body becomes normal.
(**play**)

4. Write down the meaning of the following words: **1×5=5**

- a) Posture - Pose/ Gesture
- b) Ill - Sick
- c) Immoral – General
- d) Properly - Rightly
- e) Normal - General

5. Answer the following short questions: **1×2 =2**

- a) A sound body is called health.
- b) We should keep our hair small and clean.

6. Answer the following broad question: **3×1 =3**

a) **Four ways of maintaining proper health are:**

- i) To keep body healthy we need regular and measured diet.
- ii) We should keep our nails small.
- iii) We should wash our hands with soap before eating.
- iv) We should keep our hair small and clean.