

*Name:* \_\_\_\_\_ *Class:* 4 *Section:* \_\_\_\_\_  
*Subject:* Hindu Religion & Moral Education  
*Time:* 40 minutes

*Date:* \_\_\_\_\_  
*Topic:* Chap-7, Sec-1  
*Marks:* 20

**1. Write the correct answer in your answer script:** **0.5×4=2**

- a) How should we eat to keep our body healthy?  
 i) Little ii) Enough  
 iii) As we like iv) A regular and measure diet
- b) We should wash our hands with\_\_\_  
 i) Soap ii) Cleansing  
 iii) Detergent iv) Ash
- c) Which part has a close relationship with mind?  
 i) Nose ii) Knee  
 iii) Body iv) Face
- d) How should we keep our nail?  
 i) Big ii) Large  
 iii) Small iv) Tall

**2. Match the Column-A with Column-B to make correct sentences:** **1×6=6**

Column-A	Column-B
a) Keep our house environment	i) then we can work properly.
b) If our body is fit,	ii) about evils.
c) For religious practice,	iii) neat and clean.
d) We should bathe with soap	iv) wash your hands with soap.
e) Do not think	v) we have to keep our body healthy.
f) Before taking any meal,	vi) once a week.

**3. Fill in the blanks with appropriate words:** **0.5×4=2**

- a) We have to do regular \_\_\_\_.  
 b) If our mind is not at peace, our body becomes \_\_\_\_.  
 c) There is a \_\_\_\_ relationship between body and mind.  
 d) If we \_\_\_\_ regularly, the blood circulation of our body becomes normal.

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

- a) Posture d) Properly  
 b) Ill e) Normal  
 c) Immoral

**5. Answer the following short questions:**

**1×2 =2**

- a) What is called health?
- b) How should we keep our hair?

**6. Answer the following broad question:**

**3×1 =3**

- a) Write down the four ways of maintaining proper health.