



Cosmo School

Hindu Religion Worksheet of Class-4

Chapter – 7, Section-1 (Maintenance of Health)

Worksheet-3

Date: 11/10/2020

1. Write the correct answer in your answer script:

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

i) As we like

ii) Little

iii) A regular and measured diet

iv) Enough

b) Why shall we keep our nails small?

i) It will look beautiful

ii) It will not harm our body

iii) It will not break

iv) It will not get dirty

c) Which part has a close relationship with body?

i) Mind

ii) Clothes

iii) Beauty

iv) Brain

d) There is no peace of mind in an ill ____

i) Beauty

ii) Body

iii) Environment

iv) Work

e) What happens if we play regularly?

i) Good health

ii) Blood circulation of the body will be normal

iii) Cheerful mind

iv) Study attentively

2. Answer the following broad questions:

- a) What is the relation between maintenance of proper health and religious practice?
- b) Write down the four ways of maintaining proper health.
- c) Why should we not make friendship with bad persons?

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Solution of Hindu Religion Worksheet of Class-4
Chapter – 7, Section-1 (Maintenance of Health)

Solution Sheet-3

Date: 11/10/2020

1. Answer of MCQ:

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

Ans: iii) A regular and measured diet

b) Why shall we keep our nails small?

Ans: iv) It will not get dirty

c) Which part has a close relationship with body?

Ans: i) Mind

d) There is no peace of mind in an ill ___

Ans: iii) Body

e) What happens if we play regularly?

Ans: ii) Blood circulation of the body will be normal

2. Answer of broad questions:

- a) The relation between maintenance of proper health and religious practice is very intimate. For religious practice we have to keep our body healthy, because an ill body cannot perform the religious study properly. Our body has close relationship with mind. The religious meditation is not possible by an ill mind. So, maintenance of proper health and religious practice is related to each other.

b) 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.

c) We should not make friendship with bad persons because evil begets evil. From a bad person we cannot learn any good thing, because bad persons always think about evil thing. They always try to do harm others. For these reasons, we should not make friendship with bad persons.

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