

**Worksheet-2****Date: 08/10/2020****1. Fill in the blanks with appropriate words:**

- a) A sound body is called \_\_\_\_.
- b) We have to keep our hair small and \_\_\_\_.
- c) There is a close relation between body and \_\_\_\_.
- d) If our mind is not at peace, our body becomes \_\_\_\_.
- e) We have to do regular \_\_\_\_.

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

<b>Column-A</b>	<b>Column-B</b>
a) We should take	i) we should not make friendship.
b) We have to keep our hair small	ii) health will be strong.
c) With a bad person	iii) a regular and balanced diet.
d) If you are happy and calm	iv) and clean.
e) We do play regularly,	v) then the blood circulation of your body will be normal.

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

- a) What is health?
- b) Why shall we wash our hands before taking any meal?
- c) How should we keep our hair?
- d) Why can we not think about the religious practice if our body is unfit?
- e) Why does our body become unfit if our mind is not at peace?

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

**Solution Sheet-2**

**Date: 08/10/2020**

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

- a) A sound body is called \_\_\_\_\_. (**good health**)
- b) We have to keep our hair small and \_\_\_\_\_. (**clean**)
- c) There is a close relation between body and \_\_\_\_\_. (**mind**)
- d) If our mind is not at peace, our body becomes \_\_\_\_\_. (**sick**)
- e) We have to do regular \_\_\_\_\_. (**exercise**)

**2. Answer of Matching:**

- a) We should take - iii) a regular and balanced diet.
- b) We have to keep our hair small - iv) and clean.
- c) With a bad person - i) we should not make friendship.
- d) If you are happy and calm - ii) health will be strong.
- e) We do play regularly, - v) then the blood circulation of your body will be normal.

**3. Answer of short questions:**

- a) A sound body is called health.
- b) We shall wash our hands before taking any meal, because if we don't wash our hands, germs can be entered into our body. It can cause sickness.
- c) We should keep our hair small and clean.

d) We cannot think about the religious practice if our body is unfit, because an unfit body cannot perform the religious study properly.

e) Our body has close relationship with mind. There is no peace of mind in an ill body. So that our body becomes unfit if our mind is not at peace.

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