

## Lesson-10

### Healthy Eating

#### Answer these questions:-

**Que1:- What happens when germs get into our body?**



**Ans- When germs get into our body they make us ill.**

**Que2:- Food left uncovered should not be eaten. Why ?**



**Ans- Uncovered food should not be eaten because flies carry germs to the food, they sit on and these germs make us fall ill.**

**Que3:- Write two things that our body needs along with food and water.**



**Rest.**



**Exercise.**

**Ans- Our body needs rest and exercise along with food and water.**

**Que4:- Name two healthy things you eat everyday.**



**Ans- We eat fruits and green vegetables everyday.**

**Que5:-What keep us fit and active?**



**Ans- Exercise keeps us fit and active.**

**Que6:- Name two things that spoil our teeth.**



**Ans-Chocolates and sweets spoil our teeth.**