

Std -I SCIENCE

L-9 Keeping Healthy and Clean.

A. Fill in the blanks.

1. Do not bite your _____.

Ans :- Nails

2. _____ helps us to grow.

Ans:- Food.

3. We must wash _____.

Ans:-Hands.

4. _____ keeps our body fit .

Ans:- Exercise.

5. We must sit in correct

Ans:- Posture.

B . Write true or false.

1. We should not wake up early in the morning._____

Ans:- False.

2. Comb your hair to keep them dirty._____

Ans:- False.

3. We should sleep for 7 to 8 hours daily._____

Ans:- True.

4. We should always write on the walls ._____

Ans:- False.

5. Always flush toilet after using it._____

Ans. True

C. Answer the following questions.

1. Why do we need food?

Ans. We need food to live and grow.

2. Name three outdoor games.

Ans. Football, Badminton and Swimming.



3. What makes us fit and healthy?

Ans. Exercise makes us fit and healthy.



4. Write any four good habits?

Ans. a) Wash your hands with soap before and after eating.



b) Cover your mouth while sneezing or coughing.



c) Throw waste in the dustbin.



d) We should keep our nails clean.



5. How can we keep our body clean?

Ans. a) Brush your teeth twice in a day.



b) Wash your hands before and after the meal.



6. Paste the three pictures showing good habits.