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— UPDATED EDITION —

# A Happy World 1

a book of Environmental Studies



al Features

ills & Values  
heets  
n worksheets

Ratna Sa

# 4

# Clean, fit and healthy

**GET SET, GO!**

Draw lines to match the pictures.



## KEEPING CLEAN

We must

- \* brush our teeth in the morning and before going to bed at night.
- \* wash our hands before and after eating.
- \* bathe every day with soap and water.
- \* use a clean towel to wipe ourselves.
- \* wear clean clothes.



## KEEPING FIT

Exercise keeps us fit.

Exercise makes us healthy and strong.  
We must exercise every day.  
Playing is a good exercise.

It is better to play outdoors.

Walking, running and swimming are good exercises.

## Rest and sleep

We get tired after we work or play. We must rest when we feel tired.



If we do not get enough rest, we can fall sick. We must sleep for **eight hours** every night. Our body gets rest when we sleep. We must go to bed early. We must also wake up early.

## STAYING HEALTHY

To keep healthy, we should eat healthy food. Food helps us to grow. It also gives us energy. We must also drink clean water.

## IN A NUTSHELL .

- \* We must keep ourselves clean.
- \* We must brush our teeth and bathe every day.
- \* Exercise keeps us fit. We must rest when we get tired.
- \* We must eat healthy food.

## LET US ANSWER .

A. Tick (✓) the correct pictures.

1. Before and after eating, we



2. This is a good exercise.



a. \_\_\_\_\_



b. \_\_\_\_\_



c. \_\_\_\_\_

3. Our body gets rest when we



a. \_\_\_\_\_



b. \_\_\_\_\_



c. \_\_\_\_\_

B. Answer these questions.

1. When should we brush our teeth?
2. Why must we exercise every day?
3. What should we do when we get tired?



C. Think and answer.

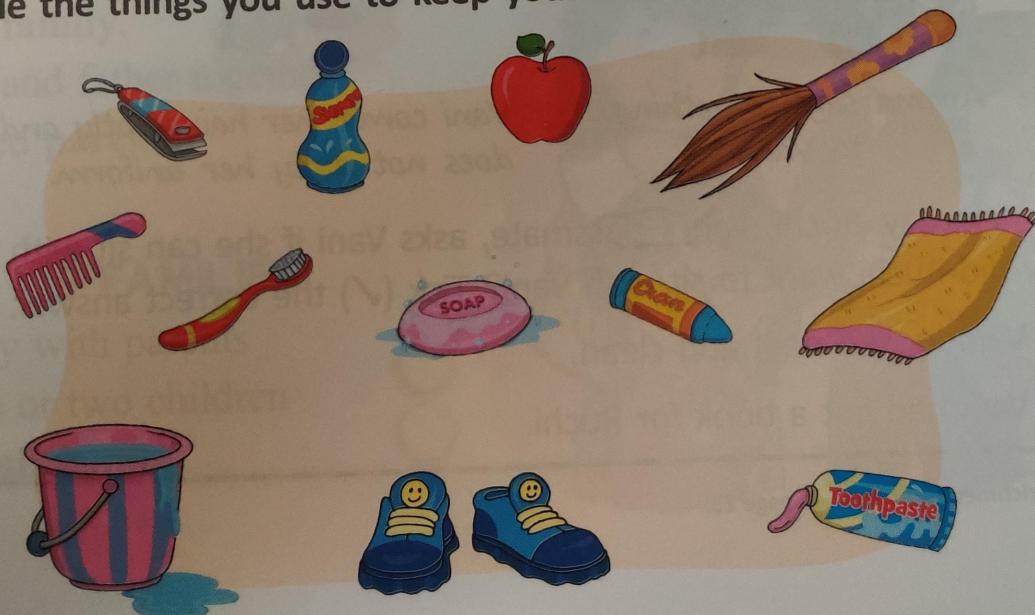
Rani likes to sit in her room and play with her toys. Bani goes for a swim every day. Which of them is healthy? Why?



## LET US DO .

### Activities

D. Circle the things you use to keep yourself clean.



E. Visit a dentist with your parents. Ask her/him to teach you the correct way to brush your teeth.

## Project

F. Make a poster on **Being Clean, Fit and Healthy**. Take a few old magazines or newspapers. Take an adult's help to cut out pictures of children exercising, eating healthy food, washing their hands and so on. Paste the pictures on a sheet of chart paper. Display your chart in class.

## LIFE SKILLS

### THINKING AND SOCIAL SKILLS



Read the sentences. Circle Yes or No. Do you

- \* flush the toilet after use? Yes      No
- \* forget to wash your hands with soap after using the toilet? Yes      No

### A VALUE FOR ME

1.



Vani does not have friends.

2.



Vani tells Amma about this.

3.



Amma says something to Vani.

4.



Vani combs her hair neatly and does not dirty her uniform.

The next day, Ruchi, Vani's classmate, asks Vani if she can sit with her. Why did Ruchi want to sit with Vani? Tick (✓) the correct answer.

- \* Vani looked neat and clean.
- \* Vani had got a book for Ruchi.

