**Multiple choice question:**

**1. What does 'Health is Wealth' mean?**  
A) Health is money  
B) Good health is valuable  
C) Health is for the rich  
D) Wealth causes health

Answer: **B) Good health is valuable**

**2. What is a balanced diet?**  
A) Only protein  
B) Carbs, fat, protein, vitamins  
C) Only vegetables  
D) Fast food

Answer: **B) Carbs, fat, protein, vitamins**

**3. What should you do before eating?**  
A) Brush your teeth  
B) Wash your hands  
C) Take a bath  
D) Cut your nails  
Answer: **B) Wash your hands**  
  
**4. How often should you brush your teeth?**  
A) Once a week  
B) Twice a day  
C) Once a day  
D) Three times a day  
Answer: **B) Twice a day**  
  
**5. Which is part of hygiene?**  
A) Wearing dirty clothes  
B) Cutting nails regularly  
C) Sleeping  
D) Eating junk food  
Answer: **B) Cutting nails regularly**  
  
**6. What is important for good food?**  
A) Junk food  
B) Fresh and clean food  
C) Sweet food  
D) Fried food  
Answer: **B) Fresh and clean food**

**7. How often should you exercise?**  
A) Once a year  
B) Regularly  
C) Only when sick  
D) Once a month  
Answer: **B) Regularly**  
  
**8. Why is sleep important?**  
A) To relax  
B) To refresh the body  
C) To stay awake  
D) To avoid stress  
Answer: **B) To refresh the body**  
  
**9. What keeps the environment healthy?**  
A) Pollution  
B) Cleanliness  
C) Littering  
D) Dust  
Answer: **B) Cleanliness**  
  
**10. What is clean water important for?**  
A) To drink  
B) To swim  
C) To cook  
D) To wash clothes  
Answer: **A) To drink**

**Answer the following Questions:**

**1. What does the proverb "Health is Wealth" mean?**  
Answer: It means that good health is as valuable as wealth because it allows a person to live a happy and fulfilling life.

**2. Why is hygiene important for good health?**  
Answer: Hygiene practices help prevent diseases and ensure proper functioning of the body.

**3. What should be included in a balanced diet?**  
Answer: A balanced diet should contain carbohydrates, fat, protein, vitamins, minerals, and water in the right proportions.

**4. What are some personal hygiene practices to follow?**  
Answer: Washing hands before eating, bathing regularly, brushing teeth twice daily, and cutting nails regularly.

**5. How can cleanliness of the environment contribute to good health?**  
Answer: A clean environment helps prevent the spread of germs and diseases, promoting better health.

**6. Why should you wash your hands before eating?**  
Answer: Washing your hands helps remove germs and bacteria, reducing the risk of infection and illness.

**7. What role does regular physical exercise play in health?**  
Answer: Regular exercise keeps the body active, strengthens muscles, improves metabolism, and boosts overall health.

**8. How does sleep contribute to good health?**  
Answer: Sleep helps the body and mind rest, recover, and maintain balance, promoting physical and mental health.

**9. What are the benefits of eating clean and properly cooked food?**  
Answer: Clean and properly cooked food reduces the risk of foodborne illnesses and provides essential nutrients for health.

**10. How does personal hygiene affect mental and emotional health?**  
Answer: Good personal hygiene can improve self-esteem, mental clarity, and overall well-being.

**Fill in the Blanks**

**1. A \_\_\_\_\_\_\_ diet provides all the essential nutrients needed for good health.**  
Answer: balanced

**2. To maintain good hygiene, it is important to \_\_\_\_\_\_\_ your hands before eating.**  
Answer: wash

**3. Regular \_\_\_\_\_\_\_ keeps the body active and improves health.**  
Answer: exercise

**4. Your food should be fresh, clean, and \_\_\_\_\_\_\_ cooked for good health.**  
Answer: properly

**5. \_\_\_\_\_\_\_ your nails regularly helps maintain personal hygiene.**  
Answer: Cutting

**6. To avoid illnesses, we should drink \_\_\_\_\_\_\_ water.**  
Answer: clean

**7. It is important to sleep and rest \_\_\_\_\_\_\_ to stay healthy.**  
Answer: properly

**8. A person in good health is active, \_\_\_\_\_\_\_ and happy.**  
Answer: cheerful

**9. Practicing good personal hygiene includes brushing your \_\_\_\_\_\_\_ twice daily.**  
Answer: teeth

**10. Keeping the environment clean helps prevent the spread of \_\_\_\_\_\_\_ and diseases.**  
Answer: germs

**True or False**

**1. Physical exercise is unnecessary for maintaining good health.**  
Answer: False

**2. Brushing your teeth twice a day is a good personal hygiene practice.**  
Answer: True

**3. Only fast food is part of a balanced diet.**  
Answer: False

**4. Regular sleep and rest are crucial for good health.**  
Answer: True

**5. Cleanliness of your household does not contribute to your health.**  
Answer: False