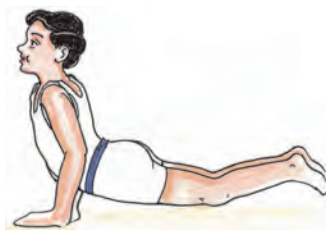


1. Health

1.1 My Daily Routine



1. Get up early everyday.
(Write all that you do next.)

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Special Features of Daily Routine

1. I feel fresh whole day as I exercise every morning.

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- ◆ Discuss statements made under in Daily Routine and special features based on it. Appreciate significant points. Focus on the importance of adopting an active lifestyle.

1.2 Diet

Generally, our diet consists of carbohydrates, proteins, fats, vitamins, salts, minerals and water. All of these make our diet a balanced diet.

My diet

Type of food : Rice, Curry, Bhakari

Grandmother, Grandfather, Mother, Father, Brother and Sister are having food together. Here is the conversation that takes place.

Grandfather : Wow! Today the curry has a special taste!

Grandmother : It is prepared from a mixture of all the pulses.

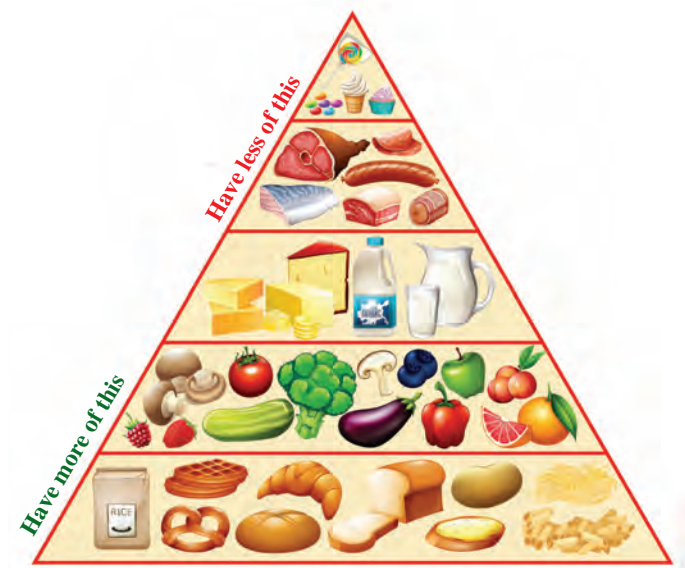
Father : That's why it's so tasty?

Brother : Not only tasty, but it has several necessary vitamins, carbohydrates and proteins required for our body.

Mother : How do you know about it?

Sister : Oh Mummy, we learn this in school. It is called a balanced diet.

A balanced diet is important for a healthy and strong body. Proteins, carbohydrates, fats, vitamins, minerals, salts, fibre and water are the key ingredients of a balanced diet. Our body gets required energy from it to grow and develop.



My Activity

Make a list of grains, fruits, vegetables, leafy vegetables, vegetables grown in the wild and the fruits that you eat.

- ◆ Inform students about the importance of ingredients in the food items and their function. Emphasize the need to eat seasonal vegetables and fruits. Discuss eating habits of the students and appreciate the good ones.

1.3 Personal Hygiene

(A) Importance of Physical Cleanliness

Write about the need to clean our body parts.

Skin : Daily bathing makes our skin clean and healthy.



Ears :



Nose :



Teeth :



Hands :



Hair :



Eyes :



◆ Tell the importance of personal cleanliness. After due discussion ensure that the students learn to be responsible for personal as well as environmental cleanliness.

1.4 Rest and Sleep

Rest and sleep : We get tired after physical exercise. We need to rest to revitalize our body. Rest is our body's essential need. After sound sleep, the tiredness goes away, we feel enthusiastic and energetic and get new energy for more work. Sleep is a must for our body, but we need to keep some things in mind. Afternoon sleep is responsible for obesity, hence we should avoid sleeping in the afternoon. We should avoid sleeping immediately after dinner also.



1.5 Good Habits



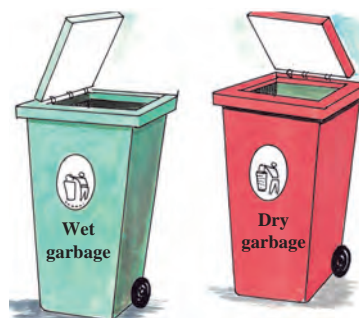
Use facial masks.



Avoid eating food in open places or uncovered food.



Use water responsibly.



Manage garbage properly.

My Activity

List your good habits.

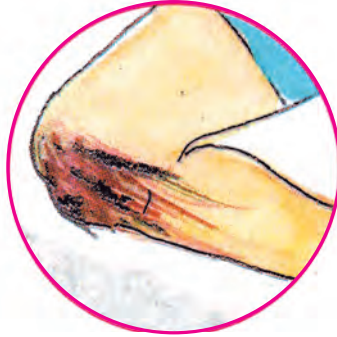
- ◆ Tell the importance of exercise, rest and sleep in human life.
- ◆ Inform about the ill effects of bad habits.

1.6 First Aid

First aid is the first and immediate help given to a person who is injured or has met with an accident even before a doctor's help can be availed.



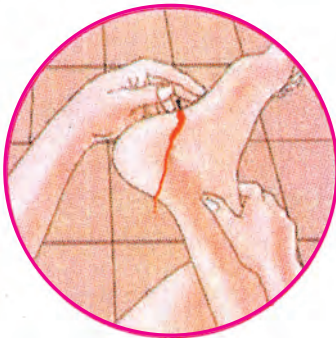
cut



bruise



twist



prick



first aid box



blunt trauma

- Observe the above images and tell in the class what first aid you will provide.

1.
2.
3.
4.
5.

My Activity

Observe the above pictures and collect information about required first aid.

Learn about the things in the first aid box and their uses.

- ◆ Have a discussion about the first aid materials required, and their uses/how to use them. Give necessary guidance. Inform the students about school first aid box and how to use the things in it.
- ◆ If possible, visit a nearby Primary Health Centre with students.