



## CLASS - IV ENGLISH NOTES

### 1. LIVE LONG, LIVE WELL

#### I. ERC:

1. "Sing, dance, laugh, and enjoy good play,  
But work, rest, and relax each day;  
Live long, live well,  
Minimize your hurry and stress;  
Live long, live well,  
Keep your body at its best"

i) What do one can do to keep him fit?

By song, dance, laugh one can do keep them good.

ii) How do they minimize?

By minimize their hurry and stress.

2. "To maintain regular exercise;  
Swim, or run, or walk each week,  
While watching daily how much you eat;  
Lower your diet in salt and fat"

i) What are all the regular exercises?

Swim, run and walk.

ii) What shall we do to lower our diet?

Salt and fat are to be lowered in diet.

#### II. Short Answers:

1. How many rules are there for a good life?

There are many rules for a good life.

2. What are some of the things that one must do for a good life?

One must avoid danger and strife, do regular exercise, eat and drink healthy, enjoy and relax for a good life.

3. What should we not eat a lot of?

We should not eat a lot of salt and fat.

**4. What must one do each day?**

One must work, rest and relax each day.

**5. What must one minimise in order to keep one's body at its best?**

One must minimise hurry and stress in order to keep one's body at its best.

**III. Long Answers:**

**1. A rhyme scheme is the pattern of rhyming lines in a poem. It is usually referred to by using letters to indicate which lines rhyme. For example abab indicates a four-line stanza in which the first and third lines rhyme, as do the second and fourth. What is the rhyme scheme of the poem?**

The rhyme scheme of the poem is aabbccdefgghihj.

**2. Here is an example of a pair of rhyming words used in the poem-life/strife. Give two more such examples from the poem. Now add another rhyming word of your own to each pair-life/strife/knife.**

a) wise/exercise – wise/exercise/fries

b) play/day – play/day/way

**3. What is the poet trying to tell us through this poem?**

The poet is trying to tell us the way to live a good, healthy and happy life.

**4. Write the opposites of these words from the poem-(a) wise (b) healthy (c) best**

a) unwise

b) unhealthy

c) worst

**5. Your best friend likes to eat burgers and chips and drink colas. You know that these food items are not good for one's health. How will you help your friend?**

Answers may vary. Accept all relevant answers.