

LESSON - 1

APRIL

OUR WONDERFUL BODYI. Answer in one word:

1. A device use to listen to our heartbeat.
Stethoscope
2. The position in which we sit, stand or walk.
Posture

II. Unscramble the letters:

1. RTEAH - HEART
2. S M T O C H A - STOMACH
3. R B A I N - BRAIN

III. Answer the following:

1. Why are the bones and muscles important for our body?

Ans: Bones and muscles are important for our body because they give shape and support to the body. They also help us to move.

2. What does the brain do?

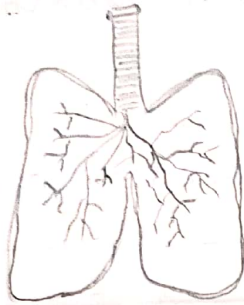
Ans: The brain controls the working of all the parts of our body. It also helps us to think.

3. What is the work of the lungs?

Ans: The lungs helps us to breathe. They help to take in and give out air.

IV.

Draw a neat diagram of lungs and stomach.



LUNGS



STOMACH

4. How can we make our bones and muscles strong?

Ans: We can make our bones and muscles strong by eating healthy food and exercising regularly.

Q. Give reason:

1. Exercise should be done in an open area with lots of plants present around. Why?

Ans: Exercising in an open area is advisable as we get more space to stretch. Also green plants give us oxygen, so it is better to exercise in an open area where we have plants and trees around us.

LESSON - 2

APRIL

FOOD FOR USI. Fill in the blanks:

1. The food that we eat daily is called diet.
2. The food gives us energy to do our daily tasks.
3. We have three meals in a day.
4. Water helps to digest the food we eat.

II. Match the following:

- | | | |
|--------------------|---|--------------------------------|
| 1. Pizza | - | Raw (2) |
| 2. Carrot | - | Prevents from falling sick (4) |
| 3. Pulses | - | Unhealthy (1) |
| 4. Protective food | - | Build our body (3) |

III. Give two examples:

- | | | |
|-----------------------|---|--------------------|
| 1. Body-building food | - | eggs, milk |
| 2. Energy-giving food | - | rice, sugar |
| 3. Protective food | - | vegetables, fruits |

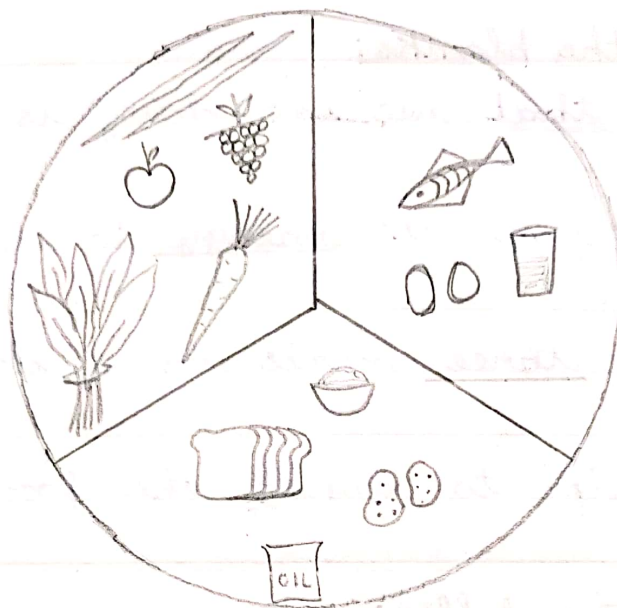
IV. Answer the following:

1. What is a balanced diet?

Ans A diet that contains all three kinds of food - body-building, energy-giving and protective food in the right amount is called a balanced diet.

7.

Draw a neat diagram of a balanced diet.



BALANCED DIET

2. Drinking water is very important. Why?

Ans: Drinking water is very important because it helps to digest the food we eat.

3. Some food items can be eaten raw and cooked. Give two examples.

Ans: Food that can be eaten both raw and cooked and cucumber, carrot, radish and beetroot.

4. Write two healthy eating habits that you follow:

Ans: Healthy habits that I follow are:

- * Washing hands before eating.
- * Chewing food properly.

V. HOTS

1. Drinking juice made at home is healthier than that made by a roadside vendor. Give reason for your answer.

Ans: * It is cleaner.
* It is fresh and more tasty.

Amathy