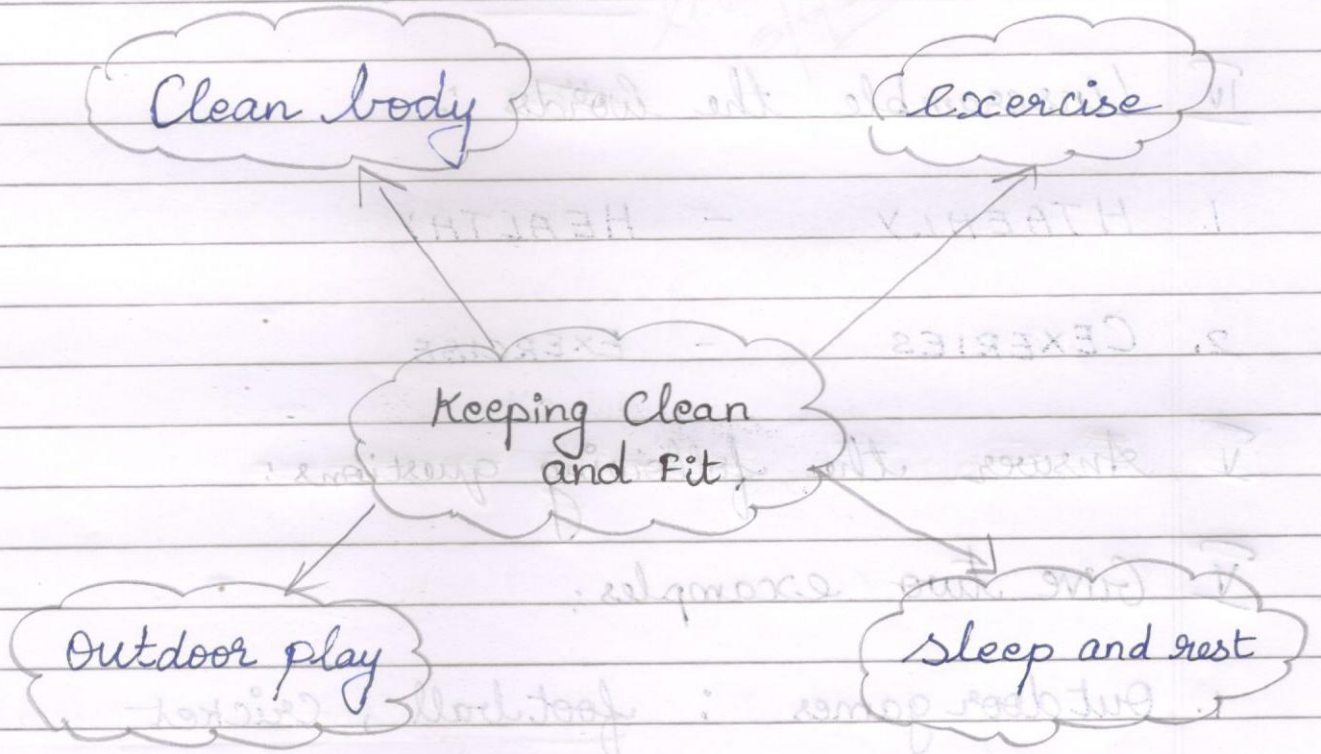


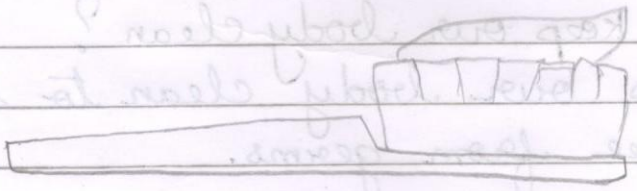
MONTH: JUNE

3. Keeping clean and Fit

I Mind map



II Draw two things that keep our body clean



SOAP

Tooth brush

Soap

III Fill in the blanks:

1. We should brush our teeth twice a day
2. We must wear clean clothes

IV Unscramble the letters:

1. HTAEHLY - HEALTHY
2. CEXERIES - EXERCISE

V Give two examples:

1. Outdoor games : football, cricket
2. Exercises : Running, walking

VI Answer the following questions:

1. Why should we keep our body clean?

Ans We should keep our body clean to stay healthy and free from germs.

2. Why should we play outdoor games?

We should play outdoor games to stay active and healthy.

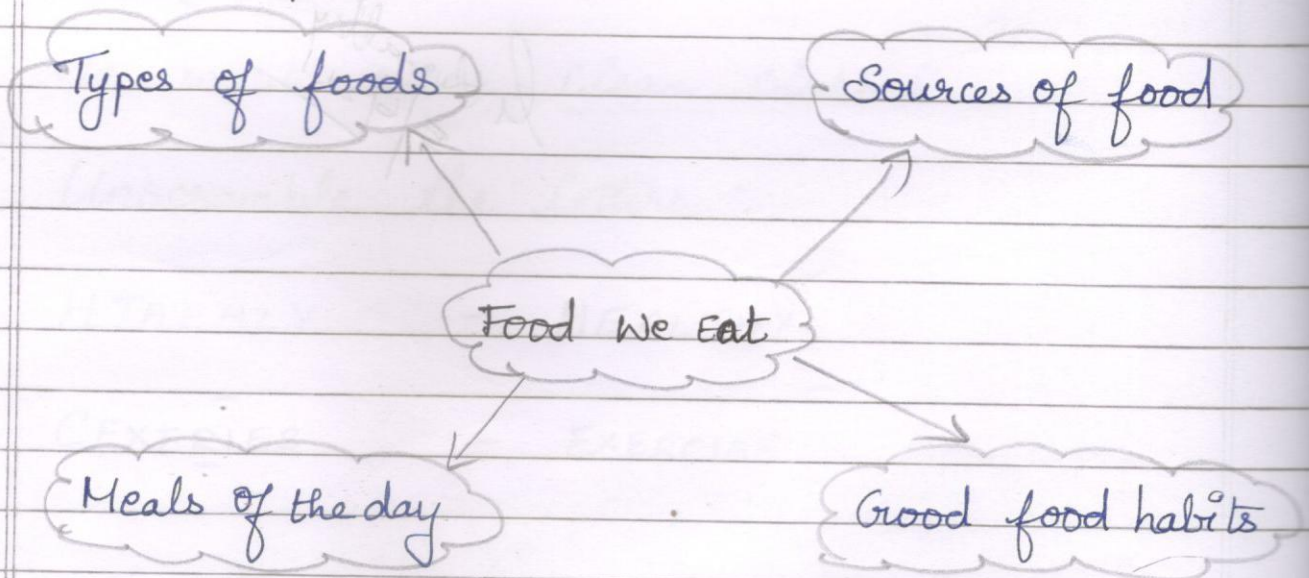
3. How many hours should we sleep?
We should sleep seven to eight hours every day

L. J. J. J. J.
5/6/26

MONTH: JUNE

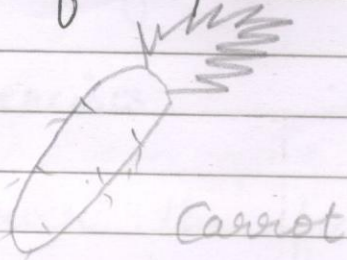
4. The Food We EAT

I Mind map



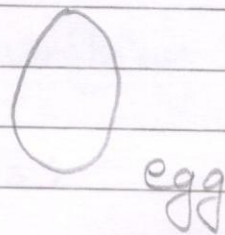
II Draw and colour

Food from plants



Carrot

Food from animals



egg

III True or False :

1. We must drink 6-8 glasses of water everyday. - True
2. We eat stale and uncovered food. - False

IV Give two examples:

1. Food we get from plants : grains , fruits
2. Junk food : Pizza , burger

V Answer the following questions :

1. Why do we need food?

Ans We need food to grow, stay healthy and get energy.

2. What are the two main sources of food?

Ans

- * Plants
- * animals

VI Think and answer :

1. What will happen if we eat only junk food?

Ans We may fall sick and feel weak.

M. Ananth
5/6/26