

L-7

Health is Wealth

Date: _____

I) Answer in one word;

Q1) What keeps us active the whole day?

Ans) _____

Q2) Which is the most common disease in the world?

Ans) _____

Q3) The way someone holds his/her body is called

Ans) _____

1. Write True or False;

1. We should have meals on a fixed time. _____
2. Walk refreshes our body and brain. _____
3. Health is the state of being well and free from illness. _____
4. We should take bath once in a week. _____
5. Early to bed and early to rise keep us healthy. _____
6. We should keep our comb and toothbrush clean. _____

3. Look at the picture and write a sentence on how to keep the body clean and fit.




